



Herd Horizons

Valley of Flowers

A 6-Days Itinerary

Overview

The Valley of Flowers trek in Uttarakhand is a stunning monsoon trek featuring colorful alpine meadows and rare Himalayan flora. Paired with a steep climb to Hemkund Sahib, a sacred Sikh shrine at 14,200 ft, it offers a perfect mix of natural beauty, spiritual energy, and moderate adventure.



📍 Location & Altitude

- Region: Chamoli district, Uttarakhand, India
- Valley of Flowers Altitude: ~12,000 ft (3,658 m)
- Hemkund Sahib Altitude: ~14,200 ft (4,326 m)
- Base Village: Govindghat (via Joshimath)

📍 Top Attractions

- Valley of Flowers National Park: Carpeted with 500+ species of wildflowers like blue poppies, daisies, and primulas
- Hemkund Sahib: A revered Sikh pilgrimage site beside a glacial lake, reached via a steep 6 km climb from Ghangaria
- Pushpawati River: Flows through the valley, adding to its scenic charm with wooden bridges and waterfalls
- Ghangaria Village: Base camp for both Valley of Flowers and Hemkund Sahib; offers basic accommodations and stunning views
- 🐾 Flora & Fauna: Spot rare Himalayan species like the Brahma Kamal (flower), musk deer, and colorful butterflies



Ticket List

FIXED GROUP DEPARTURES

Available Ticket List

Rishikesh to Rishikesh

Rs. 9,999/-
per person



OUR HAPPY TREKKERS



Valley of Flowers ITINERARY

DAY 1 - DRIVE FROM RISHIKESH TO GOVINDGHAT



Your journey begins with a long but beautiful drive from Rishikesh to Govindghat, covering approximately 270 km in 10–11 hours. The route winds through the lush hills of Uttarakhand, offering stunning views of the Ganga River, dense forests, terraced farms, and snow capped Himalayan peaks. As you pass through mountain villages and towns like Devprayag, Rudraprayag, and Joshimath, you'll get a glimpse of local Garhwali life and culture.



As the altitude increases, you'll feel a noticeable drop in temperature and an improvement in air quality. Upon reaching Govindghat, located at the confluence of the Alaknanda and Lakshman Ganga rivers, check into your guesthouse or hotel. The small settlement is a key base for both the Valley of Flowers and Hemkund Sahib treks.



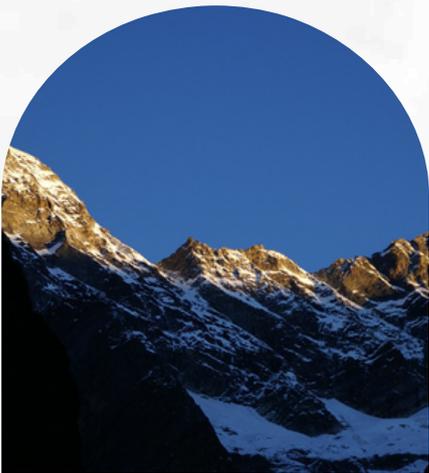
Spend the evening relaxing and acclimatizing to the altitude. You can explore the surrounding area, take a short walk along the river, or visit a nearby temple. Enjoy a peaceful sunset over the mountains with a hot cup of tea or coffee. Rest early, as the trek officially begins the next day.

DAY 2: TREK FROM GOVINDGHAT TO GHANGARIA VIA PULNA



On Day 2, the trek officially begins as you leave Govindghat and head toward Ghangaria, the base camp for both the Valley of Flowers and Hemkund Sahib.

The 10 km route passes through Pulna, a small village about 4 km from Govindghat, and continues through lush green forests along the Pushpawati River. This segment of the trek takes about 5–7 hours, depending on pace and breaks.



The trail is well-marked and ranges from easy to moderate difficulty. You'll cross rustic wooden bridges, pass gushing waterfalls, and walk under dense tree canopies. Birdsong, flowing streams, and distant views of the Himalayas create a peaceful atmosphere, offering a true immersion in nature.

At Pulna, take a short rest and soak in the serene beauty of this charming village nestled in the hills. You may interact with locals and get a glimpse of their simple mountain lifestyle.



The trail from Pulna to Ghangaria gradually ascends and becomes easier. As you approach Ghangaria (3,100 m / 10,200 ft), the valley begins to bloom with hints of wildflowers, hinting at the magic to come.

Once you reach Ghangaria, check into a guesthouse, rest, or stroll through the village. The cool mountain air and picturesque surroundings make it a perfect place to relax before the main trek into the Valley of Flowers.

DAY 3: TREK TO VALLEY OF FLOWERS AND RETURN TO GHANGARIA



Day 3 is the highlight of your journey, your trek to the Valley of Flowers, a UNESCO World Heritage Site.

After a hearty breakfast in Ghangaria, begin the 4 km ascent through dense forest and along the banks of the gushing Pushpawati River. The trail is steep in parts but manageable, with nature's beauty urging you forward.

As you reach the park entrance, you'll see meadows bursting with wildflowers, mist-covered peaks, waterfalls, and rare Himalayan flora like the blue poppy, cobra lily, and Himalayan bellflower.



The valley stretches endlessly, carpeted in vibrant hues that shift with the light and breeze, making it feel like walking through a dream.

Wander through the valley at your own pace, soaking in the scenery, spotting exotic birds, and maybe even glimpsing small wildlife. Pause for lunch by a bubbling stream, surrounded by quiet beauty and the scent of blooming flowers.



By afternoon, begin the return trek to Ghangaria, taking in fresh views and the golden light of the descending sun. Back at your lodge, enjoy a well-earned dinner and reflect on a day filled with unforgettable natural wonders.

Rest well. Your soul nourished by one of nature's finest masterpieces.

DAY 4: TREK TO HEMKUND SAHIB AND RETURN TO GHANGARIA

Today's trek takes you to the revered Hemkund Sahib, a sacred Sikh pilgrimage site perched at 4,100 m (13,650 ft).

The trail is around 6 km one way and is steep, challenging, and physically demanding, but immensely rewarding.

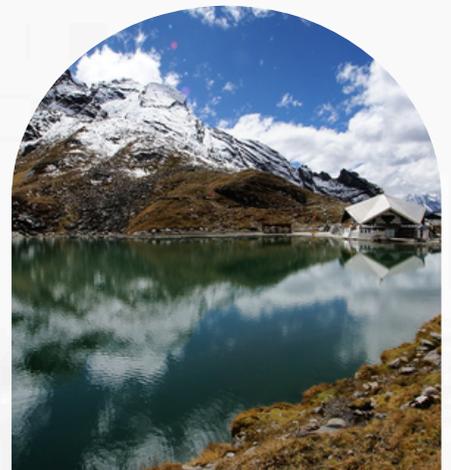
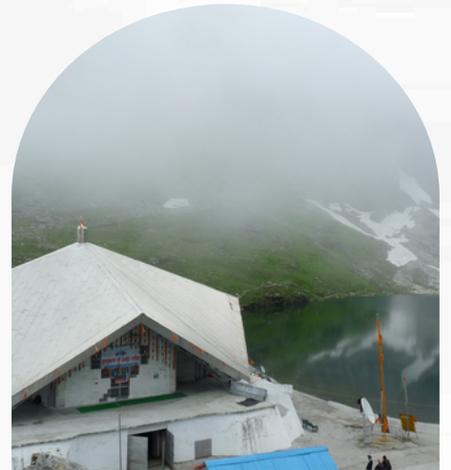
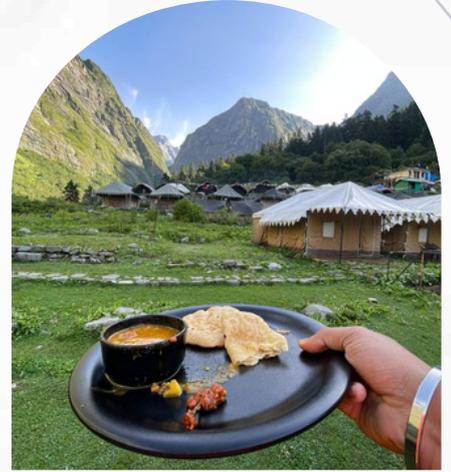
The ascent begins with lush green forests, gushing streams, and scenic mountain views. As you gain altitude, the terrain becomes rocky and rugged. Along the way, you'll pass small tea stalls and meet fellow pilgrims, adding a sense of community to the spiritual journey.

Midway, the landscape transforms into vibrant alpine meadows, blooming with blue poppies, primroses, and orchids. The final stretch involves steep switchbacks, but at the top, you're greeted by the serene Hemkund Lake, surrounded by snow-covered peaks and reflecting the sky like a mirror.

Take time to visit the Hemkund Sahib Gurudwara, a peaceful sanctuary where hymns echo through the mountains. The spiritual energy and natural beauty combine to create a truly uplifting experience.

After spending some time in quiet reflection, begin your descent back to Ghangaria. Though the return can be tough on the knees due to the steep path, the views of waterfalls and wildflowers make it memorable.

Back in Ghangaria, rest well after completing this physically intense but spiritually enriching day.

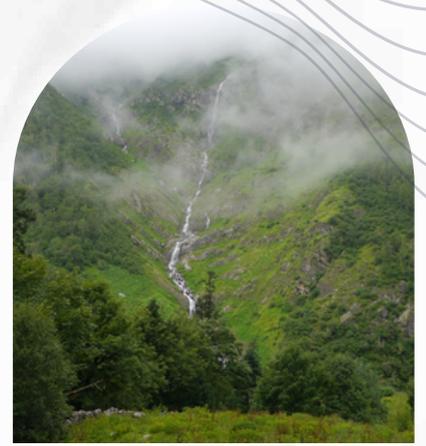


DAY 5: TREK FROM GHANGARIA TO GOVIND GHAT

On the final day, begin your descent from Ghangaria to Govind Ghat, a 10 km trek that takes around 4–5 hours. The trail winds through dense forests, alongside the Pushpawati River, with wooden bridges and waterfalls adding to the scenic beauty. The downhill path is easier but still requires careful footing on steep and rocky sections.

As you walk, the fresh mountain air and soothing sound of streams energize you, while views of the distant Himalayan peaks offer a final glimpse of the majesty you've experienced. With each step, memories of the vibrant Valley of Flowers and the serene Hemkund Sahib fill your mind.

Reaching Govind Ghat marks the end of an unforgettable adventure. The trek may be over, but the peace, awe, and inspiration it brought stay with you, etched in your memory as a reminder of nature's unmatched beauty and your journey through it.



DAY 6: DRIVE FROM GOVIND GHAT TO RISHIKESH

On Day 6, you bid farewell to the majestic landscapes of the Valley of Flowers as you drive back to Rishikesh from Govind Ghat. The journey, though long, offers one last opportunity to admire Uttarakhand's stunning beauty—curvy roads, charming villages, rich hillsides, and distant snow-capped peaks.

As the miles pass, reflections of your trek come alive: the vibrant blooms, glacial streams, sacred sites, and mountain serenity. The memories forged, of nature's grandeur, personal triumphs, and shared moments with fellow trekkers stay etched in your heart.

As you near Rishikesh, a sense of gratitude sets in. This spiritual and scenic adventure has not only reconnected you with nature but also left you with stories to cherish.



INCLUSIONS:

- Transportation between Rishikesh to Rishikesh (Day 1 pick-up to last day drop-off)
- 4-time meals starting from Dinner in Govindghat on Day 1 to Breakfast in Govindghat on last Day.
- Professional staff: Guide, chef, and support team
- Camping equipment: Sleeping bags, stools, toilet seats, crampons, etc.
- Forest entry fees
- Tented accommodation (twin/ triple -sharing basis) throughout the trek
- Medical kits
- All necessary permits
- GST

EXCLUSIONS:

- Travel insurance
- Porter/mule support for personal belongings
- Travel to/from your hometown to Rishikesh/ Delhi
- Personal expenses: Tips, snacks, phone usage, etc.
- Costs due to unforeseen circumstances: Bad weather, medical evacuation, etc.
- Anything not included in 'Inclusions'

THINGS TO CARRY:

- Government-issued ID card
- Backpack with rain cover
- Headlamp
- Sunglasses
- Personal first aid kit and medicines
- Rain gear
- Woolen cap & sun cap
- Buff
- Thermals
- T-shirts (preferably quick-dry)
- Fleece jacket and down jacket
- Water-resistant trekking shoes
- Water-resistant gloves
- Trek pants
- Warm socks
- Water bottle
- Sunscreen and body lotion
- Lip balm
- Personal toiletries
- Sanitizer
- Power bank
- Glucose, chocolates
- Tissue paper and wet wipes

FAQS:

1. Is the Valley of Flowers trek suitable for beginners?

- Yes, it's a moderate trek ideal for beginners with basic fitness. No prior trekking experience is required.

2. What is the best time to visit Valley of Flowers?

- Mid-July to mid-August is the peak blooming season, offering the most vibrant views.

3. What is included in the trek package?

- All transportation (Rishikesh–Rishikesh), meals, permits, accommodation, and support staff are included. Porter/mule service is extra.

4. How difficult is the Hemkund Sahib trek?

- It's a steep and challenging climb to 4,100 m, but doable with proper pacing and hydration.

5. What's the temperature like during the trek?

- Temperatures range from 5°C to 20°C, so warm clothing is essential.

TERMS & CONDITIONS

1. Booking

- A booking amount of ₹500 is required to confirm your trek reservation.
- The remaining trek fee must be paid on the trek start date at the pickup point before departure.
- Bookings are non-transferable and valid only for the registered participant.

2. Cancellation & Refund Policy

- If you cancel your booking, the following cancellation charges may apply:
- 30 days or more before departure: 90% refund of the booking amount
- 15–29 days before departure: 70% refund of the booking amount
- 7–14 days before departure: 50% refund of the booking amount
- Less than 7 days before departure: No refund
- Refunds will be processed after deducting any non-refundable costs such as permits, transport bookings, and accommodation reservations.

3. Check-in and Location Policy

- If a participant does not check in at the booked location and instead goes to another location,
- any request for a price reduction or adjustment will not be accepted.
- The booking and its charges apply only to the confirmed trek and location.

4. Itinerary & Schedule Changes

- The itinerary may change due to weather conditions, landslides, roadblocks, or other unforeseen factors.
- The trek leader's decision regarding safety and route changes will be final and binding.

5. Safety & Conduct

- Participants must follow all instructions given by the trek leader or guide.
- Any misconduct, littering, or use of alcohol/substances during the trek will result in immediate removal without refund.
- Respect local culture, wildlife, and environment at all times.

6. Liability

- The company shall not be responsible for injury, loss, damage, or delays caused by natural events or third-party services.
- Participants join the trek at their own risk and are advised to have personal medical and travel insurance.

WHY CHOOSE US?

- **Experienced Team:** Led by certified guides, seasoned trekkers, and a skilled support crew to ensure safety and comfort.
- **All-Inclusive Packages:** From transportation and permits to meals and medical support – we've got it all covered.
- **Small Group Experience:** Personalized attention and better group dynamics with limited participants per batch.
- **Top-Quality Gear:** High-grade camping equipment, hygienic facilities, and reliable logistics throughout the trek.
- **Local Expertise:** Deep-rooted knowledge of the region ensures authentic cultural insights and hidden scenic spots.
- **24x7 Support:** From pre-departure guidance to on-trek assistance – we're always just a call away.
- **Customizable Options:** Need gear on rent or dietary preferences? We tailor experiences to your needs.
- **Nutritious & Tasty Meals:** Enjoy hygienically prepared, energy-rich vegetarian meals, customized to suit high-altitude needs and diverse tastes.
- **Great Value for Money:** Our all-inclusive packages cover transportation, accommodation, permits, guide, and camping gear- no hidden costs, just transparent pricing.
- **Uncompromised Safety:** Trained guides, regular health checks, emergency kits, and well-planned itineraries ensure your safety at every step.
- **Comfortable Stays in Nature :** High-quality tents, sleeping bags, and well-managed campsites make your stay comfortable even in remote terrain.

CONTACT US:

Have questions or ready to book your adventure? We're here to help!



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