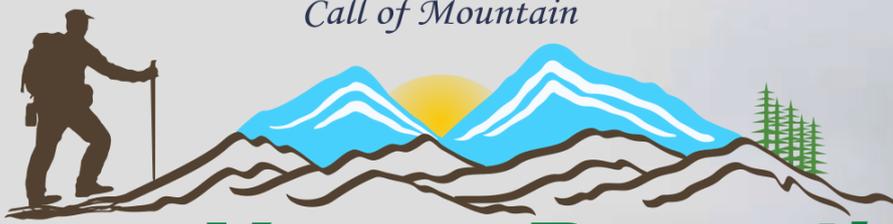


Call of Mountain



Yuva Pragati

Adventure Treks & Tours



**VALLEY OF FLOWER
TREK WITH
HEMKUND SAHIB**

Haridwar to Haridwar

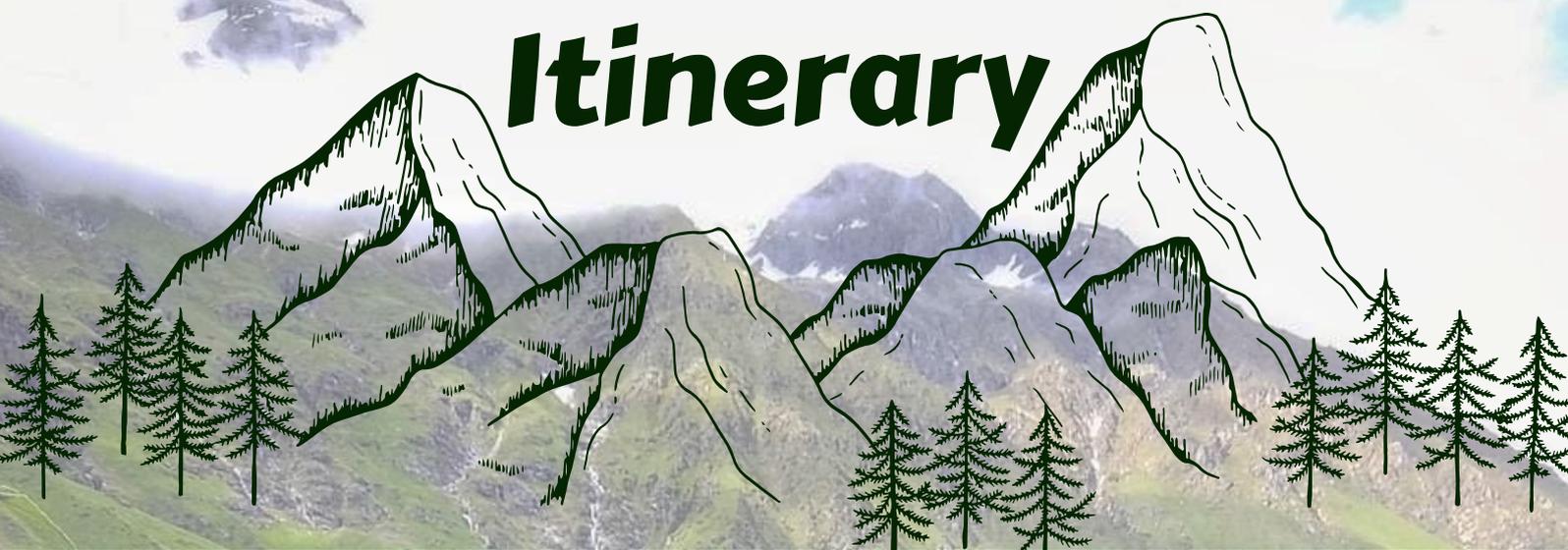
05 Nights / 06 Days

About Valley of Flower & Hemkund Sahib

- Very true to its name, the trek to Valleof Flowers floors you with infinite flowers in full bloom and can actually be renamed as a floral fairytale romance!
- Attain peace of mind at Hemkund Sahib, a Sikh Gurudwara nestled beside a high-altitude dazzling lake largely known as Hemkund, whose literal meaning is "Lake of Snow".
- Privileged as a UNESCO World Heritage site, the floral fragrance from the carpeting flowers entices you throughout the trek.
- To ensure a worry free trek much efforts are put in for your safety and proper sanitization of all equipment.
- Witness the heavenly land where the fairies flutter joyfully in the absence of humans, according to the locals.



Itinerary



DAY-01 Haridwar - Joshimath 255km | 9 Hrs

Road Distance: 255 Kms

Time Taken: 9 Hrs

Altitude Change: 1120 ft. at Rishikesh to Joshimath

Early morning leave for Joshimath and Rishikesh. it is located at a distance of 255km away from rishikesh and is the winter abode of lord badrinath you'll reach to joshimath evening check in at hotel and have an overnight stay.

Road route: Rishikesh- Devpryag Srinagar-Rudrapryag- Karnpryag Chamoli- Joshimath

DAY-02 Joshimath - Govindghat - Ghangaria

Road Distance: 20 Kms and Trekking Distance: 20Kms

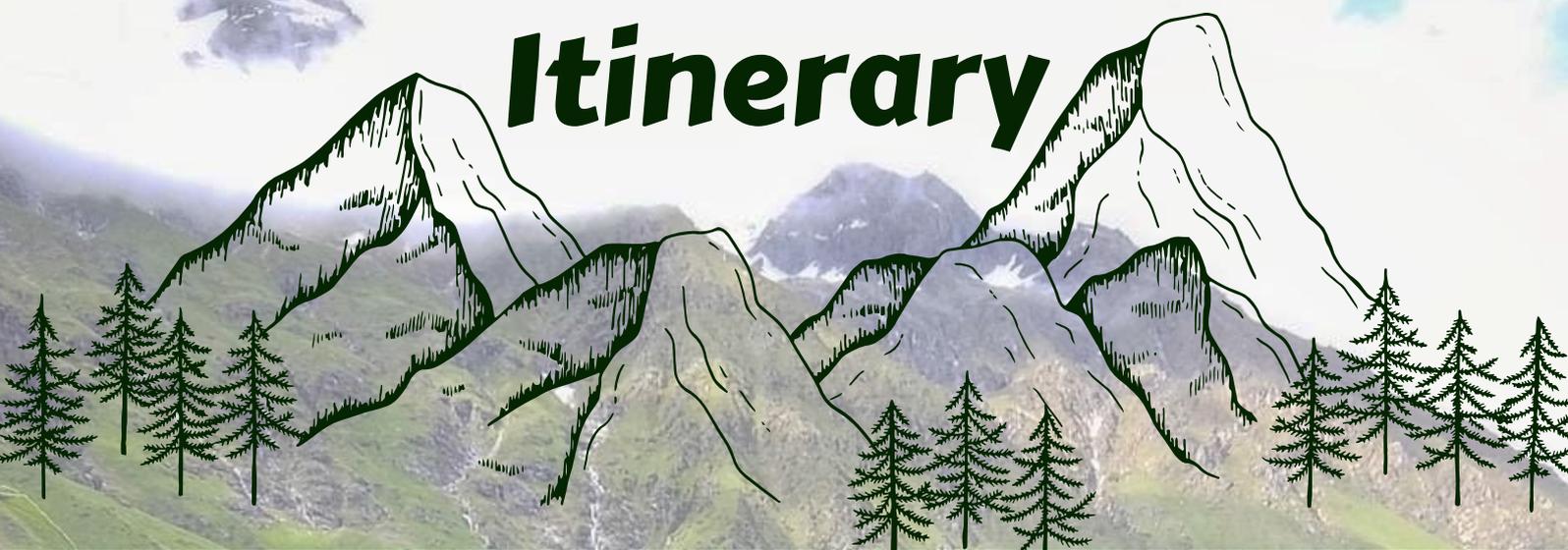
Time Taken: 1 Hr by road & 6 Hrs for trek and Trek Level: Moderate

Altitude Change: 6300 ft. at Govindghat to 9600 ft. at Ghangaria

Post breakfast, drive to Govindghat about 22km away from Joshimath. Start trekking towards Ghangaria with packed lunch. Ghangaria also known as Govind Dham is the base camp for Hemkund Sahib and the valley of flowers trek. after completing 10 km trek, you will reach Ghangaria, Where you will spend the night in tent.



Itinerary



DAY-03 Ghangaria - valley of flowers- Ghangaria

Trekking Distance: 7.5 Kms total for both side

Time Taken: 2 Hrs for one side

Trek Level: Easy ; Altitude Change: 9600 ft. at Ghangaria to 11,500 ft. at Valley of Flowers.

Today all your hard work will finally pay off as you will hike to the valley of flowers national park. The swift trail will walk past the thick vegetation consisting of the exotic Himalayan flowers and the wild flora, creating an alluring canvas.



DAY-04 Ghangaria-Hemkund Sahib-Ghangaria

Trekking Distance: 6 Kms Time Taken: 5 Hrs one side

Trek Level: Easy ; Altitude Change: 14,1 ft. situated Hemkund Sahib Highest Gurudwara.

The 4th day of the journey would start early in the morning. Have your breakfast early. The trek will be steep . There are many shops on the way to Hemkund sahib so no need to carry water in advance just one bottle is enough. Trek at your own pace and take rest at regular intervals. After reaching the Hemkund Sahib you can take bath in the sacred lake and visit the Gurudwara. Listen to Ardaas there and take prashad. Then you would be visiting the Laxman temple. After spending an hour trek back to the Ghangria base camp.

Itinerary

DAY-05 Ghangaria-Govindghat & drive to Joshimath

Road Distance: 20 Kms ; Trekking Distance: 20Kms

Time Taken: 1 Hr by road & 6 Hrs for trek

Trek Level: Moderate.

After your breakfast in the morning we descend to Govindghat and then drive to Joshimath. From this place Badrinath is 25 km away and take 1 hrs to reach. You can visit Badrinath only if road and weather condition permits us.

DAY-06 Joshimath - Rishikesh / Haridwar

Road Distance: 255 Kms

Time Taken: 9 Hrs

After having a nutritious breakfast, drive to Haridwar and say good bye to the hills.



For Detailed Itinerary [click here](http://www.yuvapragati.com)  www.yuvapragati.com

Package Cost

**PRICE: RS- 10,700/-
Per Person**

CANCELLATION POLICY

- Applicable on the total tour cost and not the advance amount.
- Cancellation up to 30 days: 60 % of the Trek/Adventure program cost will be refunded.
- Between 21-30 Days: 30% of the Trek/Adventure program cost will be refunded.
- Less than 10 Days: No refund

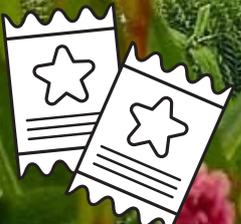
Note :- Since Valley of Flowers is a monsoon trek, there are possibilities of roadblocks due to landslides. Account for this by adding a buffer day in your travel plan.

TERMS & CONDITIONS

- 1. A Full payment of Rs. 5000 per person to be made in advance at the time of booking the trek.**
- 2. The last date of the booking will be closed before 07 days prior.**
- 3. Our team has the right to change the itinerary and schedule without any notice.**
- 4. Payment for this trip will not be adjusted against any future trips.**
- 5. We shall not be held responsible for any loss/delay/cancellation due to natural calamity bad road conditions, roadblocks or any unforeseen circumstances beyond the control of the company. in such cases, our company won't be held responsible for any further expenses bearable, in accordance with transportation and accommodation cost.**
- 6. If a guest, instead of check-in at the reserved place reaches, elsewhere and request for adjustment of the amount. it shall not be entertained.**

Inclusions

- **Accommodation. (Guest House) Joshimath on Day-1 and Day-5 Ghangaria on Day 2, Day 3 and Day 4.**
- **Meals while on trek (Veg.) From the Day-1st Dinner to the Day 5th Dinner.**
- **Local Uttarakhandi Professional trek leader Guide (Number of guides depends on the Group Size.**
- **Transport Rishikesh to Joshimath and return as per the itinerary. Transport Joshimah to Govindghat, Pulna and return as per our itinerary.**
- **All necessary fees and permits., Medical First Aid kit. Trekking equipment (Tents, Sleeping bags, Ice axes, ropes, etc.).**



Exclusions



- **Travel Insurance and any expenses for optional activities, Backpack offloading charges. Personal expenses of any kind, anything apart from inclusions.**



- **Food during transit.**



- **Any cost resulting from unexpected circumstances, like bad wether road blocks landslides etc.**

Trek Essentials

The trekking gear you need to carry for this trek is different from regular treks so read below list and pack your backpack.

*** Basic Essentials ***

- Back Pack & Rain Cover (50-60 liter)
- Day Pack & Rain Cover (20-30 liter, If you hire mule or porter)
- Two 1 Litre Bottles Hydration Pack (thermos flask)
- Hiking Shoes (Should be water proof and ankle support)
- Head lamp or Torch (With extra batteries)
- Glucose, Chocolates, biscuits and nuts
- Personal Medical kit (If you required)
- Original ID Card

*** Clothing Essentials ***

- Trek Pants – 2 Nos. (Avoid Jeans, Shorts, Capri, Fitting Denims)
- T-shirts – 4 Nos. (2 Full Sleeves, 2 Half Sleeves)
- Sweater– 2 Nos. (1 Fleece, 1 Woollen)
- Jacket – 2 Nos. (1 Fleece, 1 Down feather), Warm Inner wears
- Thermal Wear – 1 Nos. Gloves – 2 Nos. (1 Woollen, 1 Waterproof),
- Socks – 5 Nos. (3 Cotton, 2 Woollen)
- Rain Coat/ Poncho – 1 Nos., 3 to 4 Plastic bag for used clothes.
- Handkerchief/towels – 1 Nos. (quick dry)

*** PROTECT YOUR HEAD ***

- UV sunglasses – 1 Nos.
- Caps – 2 Nos. (1 Sun Cap, 1 Woollen Cap)
- Balaclava – 1 Nos., Slippers – 1 Nos.

*** PERSONAL UTILITIES ***

- Sunscreen (spf 40) Cream/ Body Lotion
- Lip Balm/ Sanitizer
- ToothBrush & Toiletry Kits, wipes
- Cameras
- Books (If you like reading)
- Music Instruments (Guitar, Flute)



Trek Fitness Guide



WEEKLY WORKOUT SCHEDULE BEFORE TREK



WEEK 1

- Spot Jogging 5 Minutes
- Rope Skipping 50
- Brisk walking with light jogging 1 km in 10 mins.

WEEK 2

- Spot Jogging 5 Minutes
- Jogging 2 km in 15 mins.
- Skips 100
- Squats 10* 3
- Stair Climbing 2 storeys in 10 mins.

WEEK 3

- Spot Jogging 5 Minutes
- Jogging 3 km in 20 mins.
- Skips 150
- Squats 20 * 3
- Stair Climbing 3 storeys in 15 mins.

WEEK 4

- Spot Jogging 5 Minutes
- Jogging 4 km in 25 mins.
- Skips 200
- Squats 20 * 4
- Stair Climbing 3 storeys climb with 4 kg backpack in 15 mins.

This workout to be completed over the course of one month, before trek.

For Inquiry

Call of Mountain



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www.yuvapragati.com

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