



JAPAM Yoga Treks & Tours



Valley of Flowers

Area: Valley of Flowers national park,
Gharwal, Uttarakhand

Duration: 5 nights, 6 days

Grade: Easy

Best time: July to September

Total trekking distance: 37 km

Total driving distance: 266 km

Altitude: 4 300 m

Principal interests: Temple, Flora and Fauna,.

**RISHIKESH – PIPALKOTI
PIPALKOTI – GOVINDGHAT – GHANGARIA,
GHANGARIA – VALLEY OF FLOWERS – GHANGARIA,
GHANGARIA – HEMKUND SAHIB – GHANGARIA,
GHANGARIA – GOVINDGHAT – PIPALKOTI
PIPALKOTI – RISHIKESH**

Valley of Flowers is a 37 km trek leading to the Hemkund Sahib, a Sikh worship and pilgrimage site. It is one of the rare treks where it is possible to observe various types of mountain flowers along the way. You will definitely be enjoying the view of the grandiose landscapes with all those flowers. Located in the Valley of Flowers National Park in Uttarakhand, its highest point is at a height of 14 200 feet (4300m) above sea level.



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Itinerary

Day 1: Rishikesh – Pipalkoti

Today, we leave Rishikesh in the early morning and start our 9 hours drive to the village of Pipalkoti. The road will follow the Alaknanda River, one of the headstreams of the Ganga, and we will pass through Devprayag, Srinagar, Rudraprayag, and Karnaprayag.

Pipalkoti is located at an elevation of 1260 meters and is a scenic town residing calmly in the lap of the Himalayas. On arrival at the village, we will check in our guesthouse for the night and enjoy some tea and food together.

Day 2: Pipalkoti – Govindghat – Ghangaria

This morning, we will have breakfast early at the guesthouse. We will pack our materials for the trek and take our car for a 40km drive to Govindghat (Puna). On the way, we will pass the final point of confluence of Vishnuprayag.

On arrival in Puna, we will gather our trekking material and start our trekking journey to Ghangaria, our base camp for our entire journey.

We will start by hiking up a steep but clear stone path along the Pushpawati River. This part of the way is crowded with people and snack shops. On the way, we'll reach an amazing viewpoint from which we can have a look at Hathi Parvat, a 6 727m peak.

The path becomes steeper after the viewpoint, and we will continue our ascent until we reach Ghangaria, at an altitude of 3 050m.

Ghangaria is a small settlement on the way to Hemkund Sahib and the place where every traveler stays on the trek to Valley of Flowers. It provides many options for exploration, adventures, and trekking.

On arrival at Ghangaria, we will register at our guesthouse or camp and have dinner. You will have some time to enjoy the place, and we will go to bed early to be ready for our morning trek.

Day 3: Ghangaria – Valley of Flowers – Ghangaria

On our third day, we will wake up early and have breakfast before starting our trek in the Valley of Flowers.

The way to the valley is an easy 4km path, clearly defined, with beautiful wildflowers on each side and enjoyable views over the mountains around. At the beginning of the path, about 30 minutes from Ghangaria, we will be passing the checkpoint at the entry of the national park.

The **Valley of Flowers National Park** was inaugurated in 1980 and recognized as a UNESCO World Heritage site in 2002. It is well known for its beautiful flowers and the rare animals that it hosts. The Blue Poppy, Snake Foil, White Leaf Hog Foot, Himalayan Rose, Hooked Stick Seed, and River Anemone are the prominent native flowers in the valley.

Not long after entering the park, we'll pass by the **Laxman Waterfall** and then walk to the **Pushpavati River**. The way is a bit steep and paved with stones. We will be taking our time and enjoying the views, having lunch on the way, and reaching the endpoint of the valley, an impressive glacier. If the day is clear, we'll be able to have a look at some Himalayan peaks.

After enjoying the view and taking a rest, we will head back to Ghangaria for the night. We will enjoy a meal together and go to sleep in preparation for our day to Hemkund Sahib.



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Day 4: Ghangaria – Hemkund Sahib – Ghangaria

On our fourth day, we will wake up early and have breakfast before starting our trek to **Hemkund Sahib**, a famous sikh pilgrimage site on the lap of the Himalayas.

The path to the temple is a steep 6km, clearly defined and stoned-paved. We will be able to see the rare Brahmakamal flowers along the way. We will then reach the Hemkund Sahib, located next to a mirror-like glacial lake offering a reflection of the Himalayan peaks around. The glacier of **Hathi Parvat** and **Saptrishi peaks** feeds the lake.

We will have lunch near Hemkund Sahib, enjoy the view, and then return to Ghangaria in the afternoon.

After reaching Ghangaria, we will have time to rest around snacks and chai. We will enjoy a meal together and go to sleep.

Day 5: Ghangaria – Govindghat – Pipalkoti

On our fifth day, we will wake up and have breakfast in Ghangaria, then trek back to Govindghat.

At Govindghat, we will meet our driver and take our car to Pipalkoti. On arrival in Pipalkoti, we will check in our guesthouse, share a meal and rest.

Day 5: Pipalkoti – Rishikesh

We will wake up on the last day and have breakfast in the guesthouse. After breakfast, we will pack our things and get in the car to drive back to Rishikesh. We'll stop on the way to have lunch.

End of service

Inclusions

- Transport from Rishikesh.
- Trekking and camping gear (trekking poles, tent, mattress, sleeping bags).
- Trekking permits.
- Food.
- Guide.
- 2 nights in a guesthouse in Pipalkoti (double sharing room)

Not included: tips for the guide, porters, and driver, travel insurance, and additional food or drinks bought on the way.

Trekking material checklist

Jacket, Woolen shirts and thick sweaters, Waterproof jacket with hood or poncho, Trousers, Thermal underwear, 2-4 pair of socks, Long sleeved shirt, T-Shirt.

Gloves, Hat, Sunscreen, Sunglasses, Trekking shoes, Small day bag, Water bottle, Toilet articles, Torch or headlamp.

There is a possibility of bringing your own camping material if you have some with which you are comfortable.

There is also the possibility of renting materials.



Contact us

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