

**Hello Sir/Madam,
Greeting From Globetrot Holidays!!!**

Please check the below details for **Valley of Flowers Trek – Uttarakhand (8 Days 7 Nights)**

For booking & any queries call us on **+91 9969625616 / +91 8779036988**

**Delhi-Haridwar(1N)-Joshimath(1N)-Ghangaria(3N)-
Rudraprayag(1N)-Rishikesh(1N)-Delhi**

Region: - Uttarakhand

Grade: - Moderate

Max Altitude: - 14,100 ft. (4,300 m)

Approx. Trekking Km: - 40 km

Best Time to Visit: - June to October

Bestowed with the rare & exotic Himalayan flora, the Valley of Flowers is a bouquet of nature peacefully snuggled in the West Himalayan region of Uttarakhand. The trek of Valley of flowers goes through dense forests, along with Pushpawati River & can be reached by crossing many bridges, glaciers & waterfalls on the way. This glaring piece of nature is an Indian National Park & a UNESCO World Heritage Site exhibiting plush meadows blossomed with endemic alpine flowers & diverse fauna in this valley.

TREK ITINERARY:

- **Day 01: Arrive Delhi & Delhi – Haridwar (Drive 230 km / 5-6 hrs)
(Altitude 200 m / 700 ft. to 300 m / 1,000 ft.) (D)**

On your arrival at Delhi Airport/Station, our tour representative will meet you & then proceed directly to Haridwar. On the way enjoy some natural scenic spots. HARIDWAR- is also known as "Gateway to Gods"; famous for its temples and ghats where pilgrims bathe to relieve themselves of their sins and achieve salvation. Reach Haridwar by evening. Check-in at the hotel. Evening visit Har Ki Pauri Ghat for famous Ganga Aarti. Relax for the rest of the day.

Dinner & Overnight stay at Haridwar.

- **Day 02: Haridwar – Joshimath (Drive 280 km / 10-11 hrs) (Altitude 300 m / 1,000 ft. to 1,900 m / 6,200 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the hotel. Later proceed the journey to Joshimath also known as Jyotirmath is a city & a municipal board in Chamoli District in the Indian state of Uttarakhand. JOSHIMATH is also known as "the Winter Seat of Lord Badri". Drive to Joshimath will surely be long & adventurous but you are never going to run out of mesmerizing views. The great river running parallel will get wilder & more fascinating as you trudge uphill. You'll be passing by the four of the Panch Prayags also known as the five holy confluence of Ganga:- Devaprayag (Confluence of Bhagirathi River & Alaknanda River),

Rudraprayag (Confluence of Mandakini River & Alaknanda River), Karnaprayag (Confluence of Pindar River & Alaknanda River), and Nandaprayag (Confluence of Nandakini River & Alaknanda River). Reach Joshimath by evening. Here you can visit Shri Shankaracharya Math, Laxmi Narayan Temple, Narsingh Temple, Jyoteshwar Mahadeo Temple & Kalpavriksha, Tapovan Hot Springs. Check-in at the hotel. Relax for the rest of the day.

Dinner & Overnight stay at Joshimath.

- **Day 03: Joshimath – Ghangaria via Govindghat (Drive 40 km / 1 hr ; Trek 9 km / 4 hrs) (Altitude 1,900 m / 6,200 ft. to 3,000 m / 10,000 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the hotel. Start-off with the drive from Joshimath to Govindghat, the distance is 22 km. Reach Govindghat & then further 4 km drive to Pulna which is the starting point of the Trek. En-route spot the final Vishnuprayag (Confluence of Dhauliganga River & Alaknanda River). It will be a 9 km uphill route along the River Pushpawati. The entire trail will be crowded most of the time. Many snack shops selling the beverage, hot noodles, omelettes with bread, paratha, can be found on this trail. So you will never go hungry. The trek will be on a clearly defined stone-paved path, conveniently built with stairs. After 5 km walk you will arrive at Bhyundar village. This village marks an amazing viewpoint for clear Hathi Parbat sights. Enjoy the wonderful sights as much as you can, because the strainful steep ascent will commence henceforth. Reach Ghangaria by evening. Today you can visit Govind Dham Gurduwara, Hemkund Gurduwara Base, and Valley of Flowers Information Centre. Check-in at the hotel. Relax for the rest of the day.

Dinner & Overnight stay at Ghangaria.

- **Day 04: Ghangaria – Valley of Flowers – Ghangaria (Trek 9 km / 7 hrs) (Altitude 3,000 m / 10,000 ft. to 3,500 m / 11,500 ft.) (B,L,D)**

Early morning Breakfast at the hotel. Later leave for the nature trail of VALLEY OF FLOWERS which is 4 km one-way. Valley of Flowers National Park is a UNESCO World Heritage Site. Located in West Himalaya, the site is known for its meadows, filled with varied species of flowers and other vegetation. It is home to several rare animals like the musk deer, blue sheep, brown bear and more. The variety of butterflies, lightens up the whole area. The valley is 6-7 km long; the distance travelled in the valley depends on how the trekkers want to explore the valley. When you start from Ghangaria in around 30 minutes forest check-post arrives. The check-post might not be an attraction but right before check-post, there is a gushing waterfall called Laxman Waterfall. Another 20 minutes into the greenery & next furious attraction comes. At this point, the Pushpavati River flows furiously below a wooden bridge. The trail is steep & stone paved just like the previous day. You can find many bridges & landslide areas when you enter the valley. It truly makes the Himalayan peaks lively & cherishing. Blue Poppy, Snake Foil, White Leaf Hog Foot, Himalayan Rose, Meadow Geranium, Dog Flower, Hooked Stick Seed are the native flowers. These astounding colourful blossoms end after 5 km stretch at a glacier. If the weather is clear mighty Himalayan peaks of Nilgiri Parbat, Bhyundar Khal, Rattaban, Gauri

Parbat in the background can be seen. After this breath-taking experience return back to Ghangaria by evening. Relax for the rest of the day.

Dinner & Overnight stay at Ghangaria.

- **Day 05: Ghangaria – Hemkund Sahib – Ghangaria (Trek 9 km / 7 hrs) (Altitude 3,000 m / 10,000 ft. to 4,300 m / 14,100 ft.) (B,L,D)**

After having an early morning Breakfast get ready to start trekking 5 km one-way for HEMKUND SAHIB. One of the most revered of all Sikh Shrines, Hemkund Sahib, the World's Highest Gurudwara, is situated at an altitude of 4,329 meters. There will be porters and mules if you wish to offload your load. The trail today will be similar to previous days stone paved and continuous ascend. There will be shops on the way where you can energize yourself. Watch out for the rare flower Brahmakamal that will be spotted beside pathways and also Himalayan blue poppy. The Gurudwara is placed magically beside the mirror like glacial Lake Hemkund. During clear skies, one can witness flawless reflections of the adjoining Saptrishi peaks. The lake is fed by melting glaciers of Hathi Parbat & Saptrishi peaks. Religious Laxman Temple is also found near the lake. By afternoon start the descend trek to reach Ghangaria by evening. Relax for the rest of the day.

Dinner & Overnight stay at Ghangaria.

- **Day 06: Ghangaria – Rudraprayag via Govindghat (Trek 13 km / 5 hrs ; Drive 140 km / 4 hrs) (Altitude 3,000 m / 10,000 ft. to 900 m / 2,900 ft.) (B,L,D)**

After having an early morning Breakfast check-out from the hotel. Start the descend trek from Ghangaria to Govindghat, covering the distance of 13 km. Drive to Rudraprayag from Govindghat. Lying at the Confluence of River Alaknanda and River Mandakini, RUDRAPRAYAG is a sacred place regarded as one of the Panch Prayags and place of great religious significance. Rudraprayag is sprinkled with several ancient temples and serves as a gateway to the two major pilgrimages of Kedarnath and Badrinath, offering its visitors a surrounding of serenity and tranquillity. Reach Rudraprayag by evening. Here you can visit Rudranath Temple, Agastya Muni Temple, Koteswar Mahadev Temple. Check-in at the hotel. Relax for the rest of the day.

Dinner & Overnight stay at Rudraprayag.

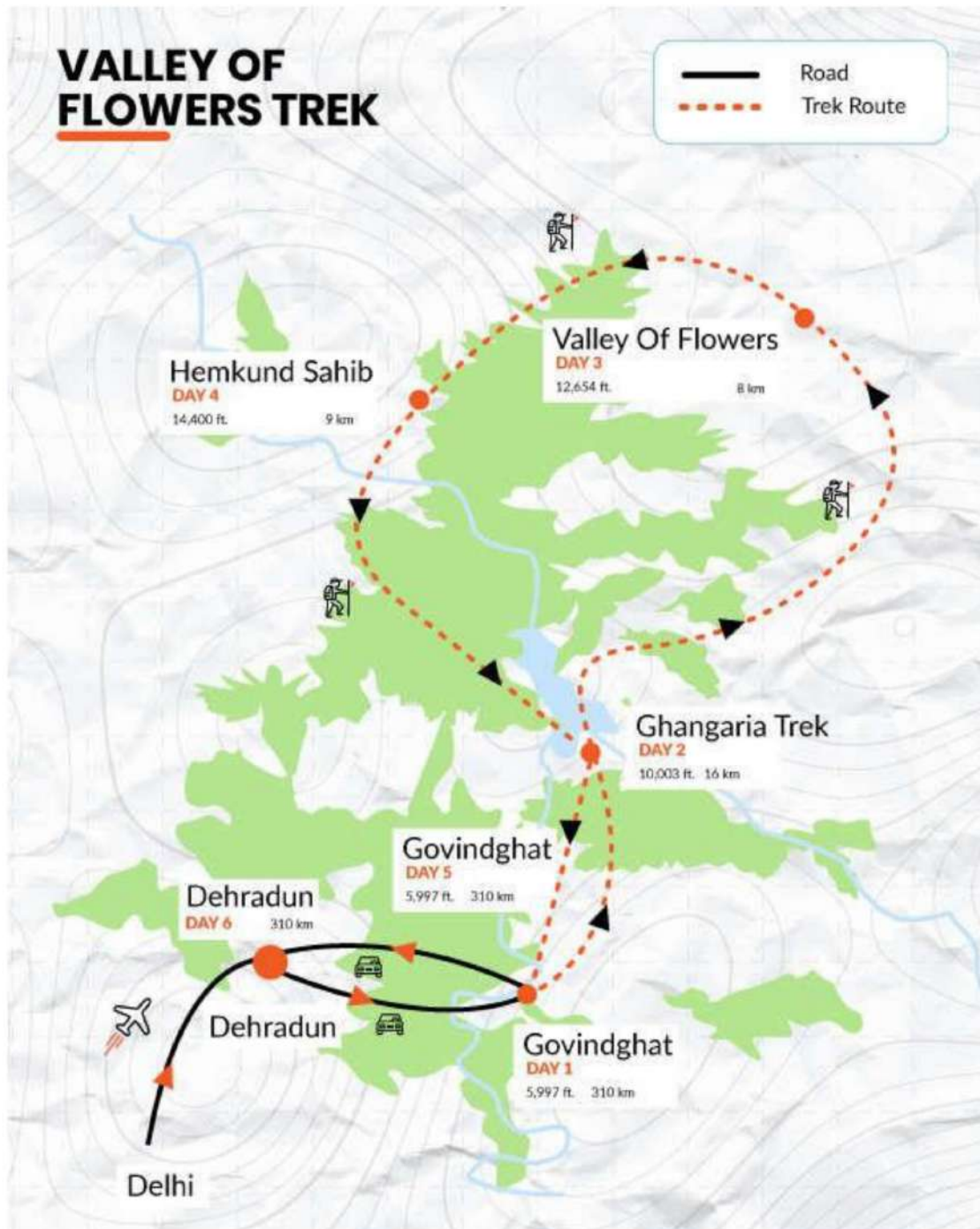
- **Day 07: Rudraprayag – Rishikesh (Drive 150 km / 4-5 hrs) (Altitude 900 m / 2,900 ft. to 400 m / 1,200 ft.) (B,L,D)**

After having an early morning Breakfast, check-out from the hotel. Later proceed the journey to Rishikesh. RISHIKESH- is also known as "Gateway to the Garhwal Himalayas" & "Yoga Capital of the World"; Situated along the convergence of Ganga and Chandrabhaga, Rishikesh on the foothills of Himalayas is the hub of many ancient temples, popular cafes, yoga ashrams and adventure sports. Reach Rishikesh by evening. Evening visit Triveni Ghat for famous Ganga Aarti. Check-in at the hotel. Relax for the rest of the day.

Dinner & Overnight stay at Rishikesh.

- **Day 08: Rishikesh – Delhi (Drive 250 km / 6-7 hrs) (Altitude 400 m / 1,200 ft. to 200 m / 700 ft.) & Depart Delhi (B)**

After having an early morning Breakfast, check-out from the hotel. Later proceed the journey to Delhi. Reach Delhi by evening. You'll be dropped at Delhi Airport/Station as per your flight/train timings. Its time now to say goodbye to our trip companions. Let us be in contact with each other through email, Facebook.... And meet again on one more memorable tour with Globetrot Holidays. Trek concludes.



Package Includes:

- Accommodation on double/triple/quad occupancy basis in Hotels / Guest Houses at all places during the Trek with Daily Breakfast, Lunch & Dinner as per the itinerary only. (Meals Veg Only)
- Mountaineering qualified experts & professional Trek Leaders & Guide, Skilled local Cook & Support staff service.
- Private Vehicle from Delhi to Trekking Point on Day 03 & Trekking Point on Day 06 to Delhi including Local Sightseeing & Delhi Airport/Station Pickup & Drop.
- All Entry Permits, Toll & Parking charges, wherever required.
- Porters for carrying common equipment. (like rations/tents/utensils/groceries)
- Basic First Aid Medical Kit with a portable Oxygen Cylinder.
- Facility of keeping extra luggage at Ghangaria Hotel/Guest House while leaving for trek.

Package Excludes:

- All kind of personal expenses such as tips, laundry, telephone bills, beverages, etc.
- It also does not include any meals unless and otherwise specifically mentioned.
- Airfare, Rail fare, GST, Travel Insurance.
- Entrance fees for sight-seeing.
- Optional, suggested or unspecified activities.
- Camera fee (still or movie)
- Additional sightseeing charges or extra usage of vehicle.
- Any additional charges arising due to natural calamities, political disturbances, vip movement, etc.

HOTEL DETAILS:

CITY	STANDARD
HARIDWAR	The Urmi Haridwar / Alpana Hotel / SIMILAR
JOSHIMATH	Panchvati Inn Hotel / Hotel Dronagiri / SIMILAR
GHANGARIA	Kuber Hotel / SIMILAR
RUDRAPRAYAG	Hotel Mandakini / Hotel Sachin International / SIMILAR
RISHIKESH	Hotel Neeraj Bhavan / Hotel Leisure Palace / SIMILAR

DEPARTURES & TREK COST:

On Special Request.

Terms & Conditions:-

- Price valid from 1st January 2021 till 31st December 2021.
- 50% payment to be deposited at the time of booking confirmation & remaining 50% before one week of the tour departure date.
- Pickup & Drop can also be arranged from Haridwar Station.
- Flight or Train journeys can also be arranged at an additional cost.
- Who Can Go For Trek:-
- Experience of any high altitude trek at least 1 trek.
- The climber must be fit and have sufficient stamina to cover 5 km of distance without a stress.
- The climber should be able to carry a 10 kg backpack.
- Heart problem, high blood pressure, asthma, and epilepsy cannot be reconciled on this mission. The climber must not have the conditions mentioned above.

Cancellation Policy (for land package):-

In case of cancellation of tour a written notification or Email should be received at our office by the members who are travelling.

Cancellation charges will be applied as per the cancellation policy below:

- 25% of cost of tour before 40 days or more days of departure:
- 50% of cost of tour before 20 to 39 days of departure:
- 100% of cost of tour before 20 days of departure:

Cancellation of one member may amount to cancellation of whole tour.

In case of delay or cancellation of flights/itinerary due to bad weather or unforeseen circumstances, Globetrot Holidays will not be held responsible for refund or compensation of any kind (including curtailment of trip). Globetrot Holidays will however try to make the best alternate arrangements and facilitate customers with best services possible. Any additional expense incurred due to such cancellations would have to be borne by the guests.