



VALLEY OF FLOWERS

& Hemkund Sahib

The Valley of Flowers National Park is one of the most beautiful monsoon treks in Uttarakhand and a UNESCO World Heritage Site. The trek is famous for alpine flowers, waterfalls, glaciers, and Himalayan views.

QUICK DETAILS

	Location	Chamoli district, Uttarakhand
	Maximum Altitude	~14,200 ft (Hemkund Sahib)
	Valley Altitude	~12,000 ft
	Trek Duration	5–6 Days
	Trek Distance	~38 km total
	Difficulty	Easy to Moderate
	Best Time	Mid July to Mid August
	Nearest Base Point	joshimath auli
	Network	Limited after Joshimath

 9560586532

Price

₹12K par pax 



BEST TIME & HIGHLIGHTS



BEST TIME

Mid July to Mid August
for peak flowers



TREK HIGHLIGHTS



Alpine Flowers
Thousands of rare
Himalayan flowers



Waterfalls & Streams
Beautiful cascades and
glacial streams



Glaciers & Peaks
Stunning views of snow
clad mountains



Valley Meadows
Lush green meadows
and serene landscapes



Hemkund Sahib
Sacred Gurudwara amidst
majestic mountains



DETAILED ITINERARY

DAY
1

RISHIKESH → JOSHIMATH / GOVINDGHAT

- Drive Distance: ~270 km
- Time: 10–12 hrs
- Route: Rishikesh → Devprayag → Rudraprayag → Karnaprayag → Joshimath → Govindghat
- Night stay at Joshimath .

DAY
2

JOSHIMATH → PULNA → GHANGARIA

- Drive: 30 km to Pulna
- Trek Distance: 9–10 km
- Trek Time: 5–6 hrs

Trail goes through:

- Lakshman Ganga River
- Waterfalls
- Forest sections
- Small tea shops

- Ghangaria is the base camp for both Valley of Flowers and Hemkund Sahib.

DAY
3

GHANGARIA → VALLEY OF FLOWERS → BACK

- Trek Distance: 8–10 km round trip
- Trek Time: 5–6 hrs

Main highlights:

- | | | | |
|----------------|-----------------|-----------------|----------------------|
| | | | |
| Alpine Flowers | Glacier streams | Himalayan peaks | Meadows & waterfalls |

Famous flowers:

- | | | | | |
|------------|--------------|------------|---------|------------------|
| | | | | |
| Blue Poppy | Brahma Kamal | Cobra Lily | Primula | Himalayan Balsam |



DETAILED ITINERARY

DAY
4

GHANGARIA → HEMKUND SAHIB → BACK (OPTIONAL)

 Trek Distance: 12 km round trip

 Trek Time: 6–8 hrs

 Altitude: 4,329 m

This is the toughest day of the trek because of steep ascent.

Highlights:



Glacial
lake



Gurudwara



Snow
peaks



Brahma Kamal
flowers

DAY
5

GHANGARIA → GOVINDGHAT → JOSHIMATH

 Trek down to Pulna

 Drive from Pulna to Govindghat

 Drive from Govindghat to Joshimath

 Night stay at Joshimath .

DAY
6

JOSHIMATH → RISHIKESH

 Drive back to Rishikesh / Haridwar

 Distance: ~270 km

 Time: 9–11 hrs

Trip ends with beautiful memories of flowers, mountains and faith.





DAY 3

VALLEY OF FLOWERS



TREK DISTANCE
8–10 km round trip



TREK TIME
5–6 hrs

MAIN HIGHLIGHTS



Thousands of
alpine flowers



Glacier
streams



Himalayan
peaks



Meadows
and waterfalls

FAMOUS FLOWERS



Blue Poppy



Brahma Kamal



Cobra Lily



Primula



Himalayan Balsam



This day is a visual treat as you walk through a UNESCO World Heritage Site filled with colours, fragrance and breathtaking views.



FITNESS LEVEL *Required*

Kagbhusandi Tal is a difficult high-altitude trek reaching around **5,230 meters (17,150 ft)**. Good stamina and strong leg strength are very important.



MINIMUM FITNESS REQUIREMENTS



Run 5 km in
30–35 minutes



Walk continuously for
8–10 km with backpack



Climb stairs for
30–40 minutes
without major difficulty



STRENGTH TRAINING

Focus on these exercises:

- Squats – 3 sets x 20 reps
- Lunges – 3 sets x 15 reps
- Plank – 1–2 minutes
- Push-ups – 15–20 reps
- Step-ups on stairs
- Calf raises



Train at least 4–5 days
per week before the trek.



ENDURANCE PRACTICE

Before the trek:



Do small hikes or
long walks regularly



Carry a 5–7 kg
backpack during practice



Practice walking
on uneven trails



ACCLIMATIZATION & BREATHING

At high altitude:



Walk slowly and
maintain rhythm



Drink plenty
of water



Avoid smoking
and alcohol



Take proper rest
during ascent



RECOMMENDED PREPARATION TIME



Beginners:
6–8 weeks
training



Regular trekkers:
3–4 weeks
training



IMPORTANT HEALTH ADVICE

This trek is not recommended for people with:



Severe
asthma



Heart
problems



High blood
pressure issues



Serious knee
injuries



A basic medical check-up before the trek is recommended.



PREPARE WELL, TREK SAFE, ENJOY THE HIMALAYAS.
Your body will take you there, your mind will take you beyond.





UNTIL THE NEXT TRAIL....

*Where mountains whisper
and flowers bloom.*



ESSENTIAL REMINDERS



Best Season

Mid July to Mid August
for peak flowers



Network

Limited after Joshimath



Be Prepared

Carry rain gear,
trekking shoes & warm clothes



Respect Nature

Avoid littering and
keep the trails clean

“

Walk through clouds, waterfalls,
wildflowers and

Himalayan silence.”

