

VOF

VALLEY OF FLOWERS

PICK & DROP
EX-DEHRADUN

DURATION
6 DAYS & 5 NIGHTS

BEAUTIFUL VALLEY ADORNED
WITH VIBRANT FLOWERS



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ITENARY DETAILS

- DAY 1 **RISHIKESH - GOVINDGHAT**
- DAY 2 **GOVINDGHAT - GHANGRIA**
- DAY 3 **GHANGRIA - VALLEY OF FLOWERS**
- DAY 4 **GHANGRIA - HEMKUND SAHIB**
- DAY 5 **GHANGRIA- GOVINDGHAT**
- DAY 6 **GOVINDGHAT - RISHIKESH**

Starting Point
GOVINDGHAT

Duration
6 DAYS & 5 NIGHTS

Max Altitude
14100 FT

Trek distance
APPROX. 37 KMS



Valley Of Flowers

The trek to the Valley of Flowers is famous for its blooming alpine flora, with over 500 species of rare and colorful flowers, including the iconic Brahma Kamal and Himalayan Blue Poppy, creating a mesmerizing carpet of colors during the monsoon season.



BRIEF ITINERARY

DAY 1 RISHIKESH - GOVINDGHAT

Drive: 200 kms | Time: 9 - 10 hrs

- Pick-up from Rishikesh at a pre-determined location

DAY 2 GOVINDGHAT - PULNA - GHANGARIA

Drive: 4 kms | Time: 20 Mins | Trek : Approx. 9 km

- Drive From Govindghat - Pulna and Trek to Ghangaria .
- Altitude Pulna: 2100 m/ 6900 ft , Ghangharia: 3,000 m/ 9,800 ft.
- Drive Govindghat to Pulna in Local Union Transport 4km in 20 min.
- Then Trek (Pulna to Ghangharia): 9 km | 4 hours.

DAY 3 GHANGARIA - VALLEY OF FLOWERS - GHANGARIA

Trek: Approx. 4 kms (each side) | Time: 6-7 hrs.

- Start your day with an early morning breakfast.
- After breakfast, embark on a scenic trek from Ghangaria to valley of flowers .
- Trek back to Ghangaria on same day .
- Dinner and overnight stay at ghangaria .

DAY 4 GHANGARIA - HEMKUND SAHIB - GHANGARIA

Trek: Approx. 6 kms (each side) | Time: 8-9 hrs.

- Early morning breakfast .
- Begin your trek towards Hemkund Sahib .
- Ascend gradually, enjoying breathtaking views .
- Trek back to Ghangaria by evening .
- Dinner and overnight stay in Ghangaria .

DAY 5 GHANGARIA - GOVINDGHAT

Trek: Approx. 9 kms | Time: 4-5 hrs.

- Trek Distance (Ghangharia- Pulna): 9 km | 4-5 hrs.
- Drive Distance (Pulna- Govind Ghat): 4km | 15min.
- Dinner and overnight stay in Govindghat .

DAY 6 GOVINDGHAT - RISHIKESH

Drive : 200 kms | Time: 9-10 hrs

- Early morning breakfast in govindghat @ 6:00 AM .
- Depart For Rishikesh .



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IMPORTANT FACTS

- Highest Elevation - Approximately
- 3,566 meters (11,700 feet)
- Region - Uttarakhand, India
- Best time to visit - June to september
- September to November
- Grade - Easy to Moderate
- Trekking Distance - Approx. 37 kms
- Age Group - 12-55 yrs (Suitable for all ages, from children to elderly pilgrims)
- Nearest Airport - Jolly Grant, Dehradun
- Nearest Railway Station - Rishikesh
- Pickup & Drop Point - Rishikesh

THINGS TO CARRY



- Backpack & Rain Cover (40-60 Litres)
- Trekking Shoes X 1 pair
- Trekking Jacket X 1
- Three (Five in Winter) Warm Layers
- Trek Pants X 2 (One Wear & One Carry)
- Thermals & Extra Pair of Clothes
- Water Bottle (1 Litre)
- Sunglasses
- Sunscreen Lotion (SPF 50/70) & Lip Balm (SPF 30)
- Sun Cap, Normal Cap
- Synthetic Hand Gloves
- Three pairs of Socks
- Raincoats / Ponchos
- Plastic Cover (for wet clothes)

MANDATORY DOCUMENTS

- Original / Photocopy of Govt Identity Card - (Passport, Aadhaar Card, Driving License or Voter ID)

PAYMENT POLICY

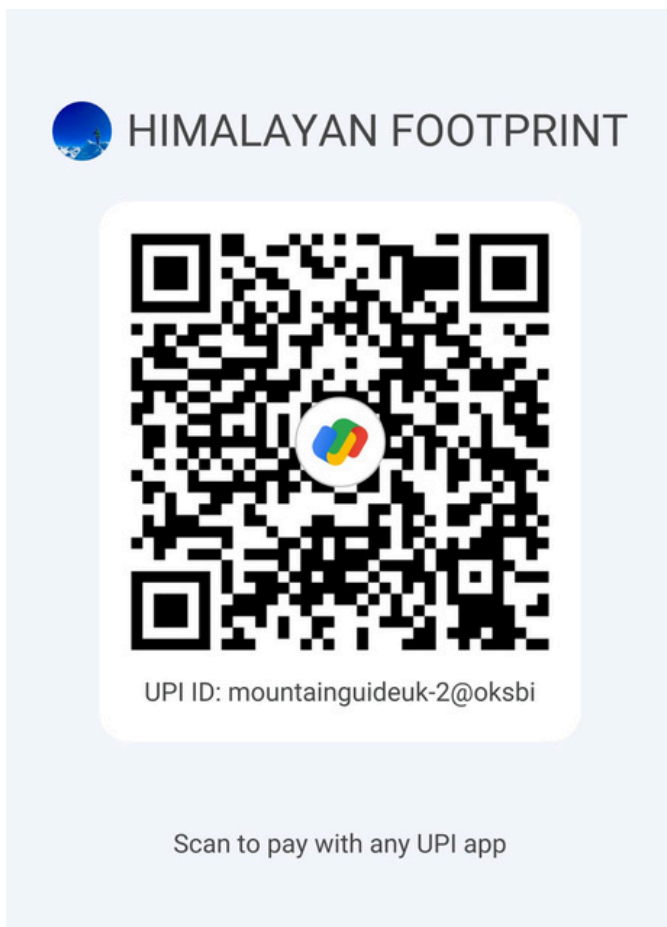
- 50 % advance and balance before 15 days of the tour.

CANCELLATION POLICY

- 50% refund if cancelled before 30 days of the tour.
- No refund if cancelled in 0 to 30 days of the tour.

BANK ACCOUNT DETAILS

- 50% refund if cancelled before 30 days of the tour.
- UPI ID [mountainguideuk-2@oksbi](#)



INCLUSIONS

- Accommodation (as per the itinerary):
Guest house in Govindghat Day 1 and Day 5 as per the itinerary).
Ghangharia on Day 2, Day 3 and Day 4.
- All meals (including tea, snacks etc.) from Day 1 Dinner to day 5 dinner.:
- 1 Mountaineering & First aid qualified professional trek Leader.
- Local experienced guides (Number of guides depending on the group size).
- Enough support staff.
- Medical kit, Stretcher, Oxygen cylinder, Oximeter, Stethoscope.
- Transportation (as per the itinerary):
- Transport from Rishikesh to Govindghat and back (As per the itinerary).

EXCLUSIONS

- GST.
- All items of a personal nature & anything not mentioned under 'Inclusions'
- Any entry fees anywhere if not mentioned in the 'Inclusions'
- Porter, pony, horse, train & air tickets charges.
- All personal expenses, optional tours and extra meals that are not specified.
- Travel Insurance, Medical Insurance, Laundry charges, Mineral Water & Telephone charges.
- The AC in the transport vehicle would be turned OFF when the hill area starts. No misbehaviour whatsoever will be entertained.
- Any sightseeing not mentioned in the itinerary or inclusions may attract extra charges.

TERMS & CONDITIONS - AN OVERVIEW

- **Payment Policy:** 40% advance and balance before 15 days of the tour.
- **Cancellation Policy:** 100% refund if cancelled before 45 days of the tour, no refund if cancelled in 0 to 7 days of the tour.
- we are not responsible for any additional expenses incurred by participants due to the cancellation, such as travel arrangements, accommodation, or any other costs.
- By booking the retreat, participants agree to our regular terms and conditions which will be shared after booking. It is the responsibility of the participant to review and understand the cancellation policy before making a booking.

BECAUSE A **SMILE** SPEAKS
LOUDER THAN WORDS




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TREKKERS



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