

MOUNTAINSOULS

PRESENTS

VALLEY OF FLOWERS

A Journey Painted By Flowers

10 DAYS • 9 NIGHTS



UTTARAKHAND



12,000 FT
MAX ALTITUDE



MODERATE
DIFFICULTY



BEST SEASON
MAY-AUGUST

www.mountainsouls.in

ABOUT VALLEY OF FLOWERS



The Valley of Flowers Trek is one of India's most scenic and beginner-friendly Himalayan treks, located in the **Chamoli district of Uttarakhand**.

This UNESCO World Heritage Site comes alive during the monsoon with **thousands of vibrant alpine flowers** set against the majestic Himalayan peaks.

The trek offers a perfect blend of **natural beauty, peaceful trails, and breathtaking landscapes**.

Adding to its uniqueness is the opportunity to visit **Hemkund Sahib, the world's highest Gurudwara**, making this journey a memorable combination of adventure, spirituality, and nature.



ITINERARY

DAY
01

Begin your journey by boarding a 3-Tier AC train from Ahmedabad/Surat to Delhi for an overnight journey.



DAY
02

Travel from Delhi to Rishikesh by private vehicle or bus. Enjoy the scenic drive and overnight stay in Rishikesh.



DAY
03

Drive through the beautiful Garhwal Himalayas via Devprayag, Rudraprayag, and Joshimath before reaching Govindghat for the night.



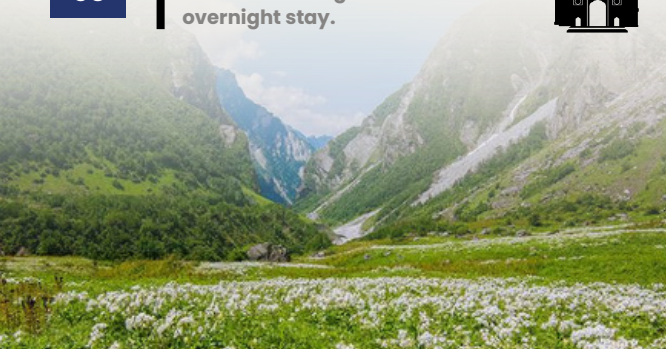
DAY
04

Trek 16 km (5–6 hours) from Pulna to Ghangaria, the base village for the Valley of Flowers and Hemkund Sahib. Overnight stay.



DAY
05

Explore the stunning Valley of Flowers on an 8 km day hike. Return to Ghangaria for an overnight stay.



ITINERARY

DAY
06

Trek to the sacred Hemkund Sahib (15,000 ft) and admire the glacial lake and panoramic mountain views. Return to Ghangaria.



DAY
07

Descend along the same trail back to Govindghat and relax after completing the trek.



DAY
08

Drive back to Rishikesh through the picturesque Himalayan valleys. Overnight stay.



DAY
09

Travel to Delhi and board your overnight 3-Tier AC train to Ahmedabad/Surat.



DAY
10

Arrive home with unforgettable memories of the Valley of Flowers and Hemkund Sahib adventure.



TREK COSTING

EX.
AHMEDABAD
OR SURAT



26,500/-

Per Person

For Registration
participants have
to pay 9,000/-

EX.
DELHI



21,500/-

Per Person

For Registration
participants have
to pay 6,000/-

EX.
RISHIKESH



16,500/-

Per Person

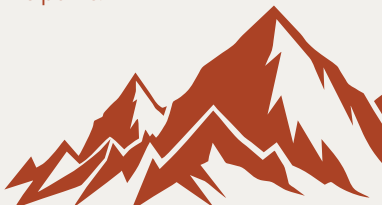
For Registration
participants have
to pay 5,000/-



ALL PAYMENTS NEED TO BE MADE BY A WEEK BEFORE THE TREK.
ANY CANCELLATIONS MADE IN THE 7 DAYS LEADING UP TO THE TREK
WILL NOT BE REFUNDED.

TERMS & CONDITIONS

- Non-veg and eggs not allowed to eat during the camp and traveling.
- All the persons participating in the Camp will have to follow the instructions and listen to the guidelines given by the Camp In-charge/Camp Manager/Instructors/Team Leader.
- Integrity and discipline are must.
- Respecting each fellow person in the camp and the values of the organization.
- Participants will have to be punctual to the schedule.
 - Tobacco/Alcohol is strictly prohibited during the camp duration.
- Please refrain from bringing expensive items like watches, jewellery which might be at a risk of theft. We are not responsible for the losses incurred if such an instance is to occur.
- Any kind of mischief/misbehaviour with the camp in-charge persons or the management staff or any other fellow participant will not be tolerated and strict action would be taken against the guilty person. In extreme cases, it may also lead to the cancellation of participation.
- Use of any bad/vulgar/indecent language during the camp is strictly condemned.
- In case of any disputes, decision of camp manager would be considered to be final.
- No harm should be done to the wildlife and the jungle terrain/camp site/private property.
- Plastic/wrappers/other waste should be disposed at proper place only.
- Any harm done to the mountaineering equipment and organization property during the activities would be compensated from the participants.





INCLUSIONS



All accommodations on the trek will be on triple sharing basis.



Meals during trek and travel are included. We will serve Vegetarian food.



3 Tier ac Train Tickets from Surat/Ahmedabad to Rishikesh and Back



Medical kit with Oxygen Cylinder.



All the applicable trekking permits & camping charges.



Services of a Professional Trekking Team



Special Inner line permits for restricted area.



EXCLUSIONS



Personal Expenses



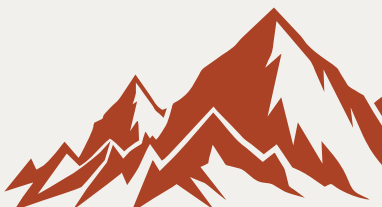
Travel Insurance



Tip to Staff



Cost occurred due to change in program due to unforeseen circumstance



MOUNTAIN SOULS

LET'S FIND SOME BEAUTIFUL PLACES TO GET LOST TOGETHER



www.mountainsoul.in



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Join Us

