



Hadrian

See India Differently...

HIKE: VALLEY OF FLOWERS AND HOLY LAKE OF HEMKUND

Resource Sheet



Introduction

Area: Garhwal Himalayas (North India)

Duration: 8 Days

Altitude: 3858 mts/12654 ft

Grade: Easy

Season: End June – Mid September

Minimum number of people needed: 2

Valley of Flowers

The beautiful valley, a World Heritage Site situated at an altitude of 3300m to 3650m, is a paradise for nature lovers. The Valley covers an area of about 87 square kilometres and is exceptionally rich in flora, with over 520 species of flowering plants. It also has Himalayan Black Beard, Musk Deers and a variety of birds and butterflies. Locals, recognising the beauty of the valley, believed it was enchanted by fairies.

Hemkund Sahib

The holy lake of Hemkund, is an important pilgrimage of Sikhs and Hindus; it lies near the Valley of Flowers at an altitude of 3050m. It is said that Guru Govind Singh, the tenth guru of Sikhism, meditated and united with God at this place. It is a glacial lake, surrounded by seven peaks.

Itinerary

Day 1: Arrive in New Delhi

Upon arrival at Delhi airport you will be met by a representative and then transferred to hotel. Overnight in hotel.

Day 2: Rishikesh

Car transfer to Rishikesh and check in at hotel. Take the day to acclimatise.

Day 3: Joshimath

After an early breakfast drive to Joshimath via Devprayag. Devprayag is where Bhagirathi and Alaknanda rivers meet. From here the holy river Ganges starts. Arrival at Joshimath by evening, check in at hotel. Dinner & overnight stay.

Day 4: Ghangaria

Start of trek.

Early morning breakfast drive to Govindghat, from where there is a gradual 14km ascent along a well maintained pilgrim trail to Ghangaria. Upon arrival at Ghangaria, check in to hotel.

Day 5: Valley of Flowers

After breakfast trek to Valley Of Flowers (3858 m) from Ghangaria. The valley is an enchanting sight with an impressive array of wildflowers such as Geranium, Marsh Marigold, Primula, Potentilla, Geum, Asters, Liliun, Ranunculus, Corydalis, Dactylorhiza, Cypripedium, Strawberry, Epilobium, Rhododendrons and numerous others. Most of the flowers have medicinal values too.

The valley is 10 km long and 2 km wide, and is divided by the Pushpawati stream, into which several tiny streams and waterfalls merge. After enjoying the beauty of valley trek back to Ghangaria. Dinner & overnight stay at the hotel.



Day 6: Hemkund Sahib

After breakfast trek to Hemkund Sahib (4329 m) from Ghangaria. This is quite a steep climb. In the Sikh holy book, the Sikh Guru Gobind Singh recounts that in a previous life he meditated on the shores of a lake surrounded by seven snow-capped mountains now recognized as Hemkund. Late afternoon trek back to Ghangaria. Dinner & overnight stay at the hotel.



Day 7: Srinagar

After an early breakfast, trek down to Govind Ghat and from here drive to Srinagar. On arrival check into the hotel. Dinner and overnight stay in the hotel.

Day 8: New Delhi

Early morning drive to Delhi via Haridwar. On the way back, can visit Devprayag again. Lunch enroute. Arrive at Delhi in evening and transferred to hotel. Dinner and overnight stay in the hotel.

Price

US\$ 800.

Includes:

- Accommodation: Hotel in Delhi, Rishikesh, Joshimath, Ghangria on twin sharing basis with bed and breakfast.
- Transport: Car from New Delhi to Rishikesh and Haridwar to Govind Ghat return.
- Meals: In Delhi, Rishikesh & Joshimath only breakfast will be served. While on treks all meals will be provided. The food would be a mix of Indian, Chinese and Continental.
- Mules/Porters: For carrying some amount of personal gear (one bag not weighing more than 13 kgs).
- Professional trekking guide would accompany the group from Delhi.
- Entry fee for the park.

If interested, email us at: query@seeindiadifferently.com