

VALLEY OF FLOWERS TREK 2025

5 NIGHTS & 6 DAYS



International Youth Club
Your Best Travel Partner

Why Us ?

International Youth Club is your go-to for the best adventure and backpacking experiences in the Indian Subcontinent. With a team of top hospitality professionals, we offer unmatched services in trekking, camping, motorbiking, rafting, paragliding, and more.

Recognized as the **Best Adventure Tour Operator** by the Global Tourism Awards, we guarantee unforgettable journeys at affordable prices.



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Why is

VALLEY OF FLOWERS TREK

a must do?



Imagine walking into a breathtaking place where the mountains touch the sky, and the ground is covered with beautiful wildflowers. That's the Valley of Flowers in Uttarakhand! At an altitude of 3,658 meters, this UNESCO World Heritage Site is like a dream come true. As you walk through the valley, you'll see stunning flowers like Marsh Marigold and Vajardanti, surrounded by snow-capped mountains and peaceful rivers. The trek takes you through lush forests, waterfalls, and streams, and you might even spot wildlife like snow leopards and blue sheep along the way. The best time to visit is from June to September when the valley bursts with color, and you'll see nature at its very best.

But that's not all! Nearby is Hemkund Sahib, the highest Gurudwara in the world, sitting at 4,328 meters, offering a peaceful spot surrounded by snow, waterfalls, and the beauty of the Himalayas. You'll stay in Ghangharia, a small village, during your trek, where you can relax before heading out for more adventure. If you love nature, trekking, or just want to see one of the most beautiful places in the world, the Valley of Flowers is waiting for you.



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TREK DETAILS

Duration – 5 Nights & 6 Days

Difficulty Level – Easy to Moderate

Trek Distance – 40 Kms

Altitude – 14146 Ft.

Best Season – July to Early September

Start Point - Rishikesh

Departure Dates

All dates in July & August

SHORT ITINERARY

Day 1: Drive from Rishikesh to Joshimath

Day 2: Joshimath/Govindghat to Ghangaria via Poolna

Day 3: Ghangaria to Valley of Flowers and Back

Day 4: Ghangaria to Hemkund Sahib and Back

Day 5: Ghangaria to Joshimath via Govindghat

Day 6: Joshimath to Rishikesh/Haridwar

HIGHLIGHTS

- UNESCO World Heritage Site with 500+ flower species.
- Scenic trek with waterfalls, rivers & wooden bridges.
- Visit Hemkund Sahib – world's highest Gurudwara.



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DETAILED ITINERARY

Day 1: Drive from Rishikesh to Joshimath

Distance: 255 km | **Duration:** 11–12 hours

- Your journey begins with a pickup from Rishikesh at 6:30 AM. (Rishikesh is well-connected to Delhi via overnight buses and trains.)
- As we drive through the mountains, witness Devprayag—the sacred confluence of Bhagirathi and Alaknanda forming the Ganga—along with other scenic Prayags along the way.
- We'll pass by Govindghat before finally reaching Joshimath, a peaceful Himalayan town that serves as the gateway to many treks in the region.
- Check into your hotel, relax after the long drive, and take in the spectacular views of the Garhwal Himalayas.
- Dinner and overnight stay at the hotel.

Day 2: Joshimath/Govindghat to Ghangaria via Poolna

Trek: 9 km | **Duration:** 5–6 hours | **Altitude Gain:** 6,215 ft to 10,520 ft

- After breakfast, we drive 4 km from Govindghat to Poolna—our trek starting point. From here, begin your scenic trek to Ghangaria with a gentle ascent alongside the Pushpawati River.
- Enjoy a packed or midway lunch during the trek and soak in the lush greenery and mountain views.
- By late afternoon, arrive at the peaceful village of Ghangaria. Check into your guest house, rest, and refresh.
- Evening tea and snacks will be served, followed by a warm dinner.
- Overnight stay in Ghangaria.



Day 3: Ghangaria to Valley of Flowers and Back

Trek Distance: 3.7 km each way | **Duration:** 6 hours | **Altitude Gain:** 10,520 ft to 11,550 ft

- After a wholesome breakfast, gear up for a magical day as we head towards the iconic **Valley of Flowers – a UNESCO World Heritage Site** known for its breathtaking beauty.
- A scenic 3.7 km trail from Ghangaria takes you deep into a valley that looks like it's straight out of a dream – bursting with vibrant wildflowers, misty air, and towering peaks in the backdrop.
- Walk through carpets of color and spot rare blooms that make this place a paradise for nature lovers and photographers alike.
- We'll enjoy a packed lunch amidst the surreal surroundings and capture plenty of moments that'll last a lifetime.
- By afternoon, begin the descent back to Ghangaria, still spellbound by the valley's charm.
- Enjoy evening tea and snacks at the guest house, followed by a warm dinner and a good night's rest after an unforgettable day in the heart of the Himalayas.
- Overnight stay in Ghangaria.



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Day 4: Ghangaria to Hemkund Sahib and Back

Trek Distance: 6 km each way | **Trek Duration:** 8–9 hours | **Altitude Gain:** 10,520 ft to 14,107 ft

- After breakfast, gear up for a spiritually uplifting and visually stunning trek to Hemkund Sahib, one of the highest Gurudwaras in the world.
- The 6 km trail to Hemkund is a steady ascent through a landscape straight out of a postcard. En route, witness cascading waterfalls, blooming alpine flowers, majestic snow-capped peaks, and shimmering glaciers — every step is a reminder of nature's grandeur.
- Upon reaching the Gurudwara by early afternoon, immerse yourself in its peaceful aura. Take a soul-refreshing dip in the glacial lake next to the Gurudwara, and don't miss visiting the Lokpal Temple nearby — a quiet corner echoing with spiritual energy.
- Begin your descent back to Ghangaria before 2 PM, as weather in the higher altitudes can turn swiftly.
- Enjoy evening snacks on return and gather around for an early dinner at the guest house, ending your day on a serene note.
- Overnight stay in Ghangaria.



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Day 5: Ghangaria to Joshimath via Govindghat

Trek Distance: 9 km | **Trek Duration:** 4 hours | **Altitude Loss:** 10,520 ft to 6,215 ft

- After a filling breakfast, it's time to bid farewell to the mountains of Ghangaria as we begin our descent towards Govindghat.
- This 9 km downhill trek takes about 4 hours and offers a final chance to soak in the scenic beauty of the valley — waterfalls, chirping birds, and those misty Himalayan views one last time.
- Upon reaching Govindghat, we'll drive back to Joshimath, a short yet scenic journey through winding mountain roads.
- Check into your hotel in Joshimath and relish a hot lunch to recharge. Spend the evening at leisure and enjoy a warm dinner, followed by well-deserved rest after days of trekking adventure.
- Overnight stay in Joshimath.

Day 6: Joshimath to Rishikesh

Drive Distance: 255 km | **Drive Duration:** 9–10 hours

- After a hearty breakfast, we begin our journey back to Rishikesh, retracing the scenic route we took at the start of our adventure.
- The drive is long but offers plenty of breathtaking views of the Garhwal mountains.
- We aim to reach Rishikesh by 10 PM, giving you ample time to relax or plan your onward travel from this beautiful, spiritual town.



INCLUSIONS

- Comfortable transport from Rishikesh to Joshimath, and from Joshimath to Govindghat and back.
- Delicious vegetarian meals including breakfast, lunch, evening snacks, and dinner as mentioned in the detailed itinerary.
- Stay in hygienic hotels/guests houses in Joshimath and Ghangharia on triple/quad sharing basis.
- A professional trek leader, skilled guides, and a supportive team to ensure a smooth journey.
- All necessary forest permits for the trek.
- First Aid Kits, Oxymeters, and oxygen cylinders for your safety.
- Sanitized and hygienic camp sites and hotels/guests houses for your comfort.

EXCLUSIONS

- 5% GST on the total cost.
- Meals during transportation.
- Personal expenses such as shopping, phone bills, etc.
- Unscheduled or extended stays due to roadblocks, landslides, or unforeseen circumstances.
- Porter/Mule charges for personal luggage or backpack offloading.
- Cost of evacuation in case of emergency or any medical emergency.



COMMERCIALS

ACTUAL PRICE

11,990



DISCOUNT

2,500



FINAL PRICE

9,490

**Plus 5% GST Per Person*



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BOOKING PROCESS

Our participation process is very simple. You may book online to reserve your seat or call us at **7827956056** between 09:00 AM to 09:00 PM on any working day.

Alternatively, you may email us at ***bookings@internationalyouthclub.org*** for booking and assistance.

To book your seat, kindly make a payment of Rs. 2,500/- per person.

You may Book Offline through NEFT or Direct Transfer by making the payment in the below bank account:

Account Name: International Youth Club

Account No.: 50200065659460

IFSC Code: HDFC0000043

Account Type: Current

Branch Name: Saket, New Delhi



7827956056

GSTIN 07AADCI7347G1ZH || PAN AADCI7347G

***While booking check-out our EMI options on your Debit and Credit Card.**

You need to email NEFT/Transfer/Proof of deposit details at **bookings@internationalyouthclub.org** along with Expedition Name, Date of Reporting, Participant's- Name, Mobile, Email, DOB, City and Gender in order to send you the confirmation within 48 working hours from our side.

Call **7827956056** or Email at **bookings@internationalyouthclub.org** for bookings and reservations.

****The Amount will be forfeited in case of delay in payment according to the schedule.**



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Payment Policy:

For Ground Package

- Booking Amount: Rs.2,500/-
- 20 Days before date of departure: 50% of Total Cost
- 10 Days before date of departure: 75% of Total Cost
- 05 Days before date of departure: 100% of Total Cost

Important: The booking stands liable to be canceled if 100% payment is not received less than 05 days before the Date of Travel. The received amount will be forfeited.

For Flight Tickets

100% Amount of flight tickets at the time of flight booking. Any rescheduling, cancellation, and refunds of flight tickets shall be as per respective airlines rules.

Cancellation Policy:

We would love to host you, but in case you are unable to travel as planned and need to cancel your booking, do not worry. Our simple cancellation process makes sure you receive a quick confirmation and fast Credit Voucher.

- Cancellation made within 30 to 15 Days from the Date of Travel – Credit Voucher worth 50% of Paid Amount
- Cancellation made within 15 Days from the Date of Travel – No Refund on the Paid Amount

The applicable Credit Voucher will be sent to you on your registered email id within 7 to 10 working days from the date of Cancellation. Cancellation will only be accepted on Email at **bookings@internationalyouthclub.org**.

- The Credit Voucher shall be valid for one year from the Date of Cancellation.
- The Credit Voucher can be redeemed against the equivalent or higher amount of the booked package amount.

Rescheduling Policy:

In case you are unable to travel as planned and need to reschedule your date of travel:

- Before 30 Days from the Date of Travel - One-time Complementary.
- Within 15 Days from the Date of Travel - The cost of rescheduling needs to be paid by the guest subject to amendment charges from hotels and transporters.
- Rescheduling will only be accepted on Email at **bookings@internationalyouthclub.org**.





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