HIMALAYAN TRAILS

Valley of Flowers Trek

A UNESCO World Heritage valley of alpine flowers, with Hemkund Sahib on the way

DURATION	6D / 5N	DIFFICULTY	Easy–Moderate
MAX ALTITUDE	14,107 ft	DISTANCE	38 km
BASE CAMP	Govindghat, Chamoli	REGION	Garhwal
PRICE	**₹12,500** per person · Includes vehicle from Rishikesh and back.		

About this trek

The Valley of Flowers is the most famous walk in Chamoli and, in July and August, the most colourful place in the Himalaya. The trek starts at Govindghat on the Badrinath road, follows the Pushpawati river to the village of Ghangaria, and from there enters the national park — a long, gentle valley floor under Rataban and Nilgiri Parbat, carpeted with primulas, potentillas, brahma kamal and hundreds of other species. A second day climbs to Hemkund Sahib, the lake and gurudwara at 4,300 m. Guides from the valley, permits arranged, and vehicle from Rishikesh included.

Day by day

Day	Route / activity	Distance · time · stay
1	**Rishikesh to Govindghat** Rishikesh → Joshimath → Govindghat Road day up the Alaknanda valley to Govindghat, the start of the trail.	270 km · 10 hrs drive · Govindghat (guesthouse) · 6,000 ft

Day	Route / activity	Distance · time · stay
2	**Govindghat to Ghangaria** Govindghat → Pulna → Ghangaria A short shared jeep to Pulna, then the stone-paved trail beside the Pushpawati river to Ghangaria, the base village for both the valley and Hemkund.	10 km · 6 hrs trek · Ghangaria (guesthouse) · 10,000 ft
3	**Valley of Flowers and back** Ghangaria → Valley of Flowers → Ghangaria Through the park gate and up the valley floor as far as the Pushpawati crossing — the whole day among the flowers, with a packed lunch.	10 km · 6–7 hrs · Ghangaria (guesthouse) · 11,800 ft
4	**Hemkund Sahib and back** Ghangaria → Hemkund Sahib → Ghangaria The steep pilgrim path to the lake and gurudwara at Hemkund, brahma kamal blooming beside the trail in August.	12 km · 7–8 hrs · Ghangaria (guesthouse) · 14,107 ft
5	**Ghangaria to Govindghat, drive to Joshimath** Ghangaria → Pulna → Govindghat → Joshimath The walk back down the valley and a short drive to Joshimath.	10 km · 4 hrs trek + drive · Joshimath (guesthouse)
6	**Joshimath to Rishikesh** Joshimath → Rishikesh Drive out of the valley.	250 km · 9–10 hrs drive · —

What is and is not included

Included

- Vehicle from Rishikesh to Govindghat and back
- Guesthouse stays at Joshimath / Govindghat and Ghangaria
- All meals from dinner on day 1 to breakfast on day 6
- Local guide and national park permits
- First-aid kit and oxygen cylinder with the guide

Not included

- Personal trekking gear and rentals
- Personal expenses and travel insurance
- Anything not listed under inclusions

Things to carry

- Trekking shoes with ankle support
- Backpack (40–60 L) with a rain cover
- Three warm layers and a padded jacket
- Poncho or rain jacket
- Sun cap, sunglasses and sunscreen
- Personal medication and toiletries
- Two one-litre water bottles

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