

THE TREKKERS TRAIL  
**VALLEY OF FLOWERS TREK**  
A HIMALAYAN JOURNEY INTO NATURE'S MASTERPIECE







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# ABOUT US

At **The Trekkers Trail**, we're passionate explorers dedicated to crafting unforgettable travel experiences across India's breathtakingly diverse landscapes. From mountains to deserts and forests, our journeys are designed for everyone—whether you're a beginner, solo traveler, couple, or family.

## Why Choose Us?

- **Safety First:** With experienced guides and meticulous planning, we prioritize your safety above all.
- **Seamless Journeys:** Leave the details to us—we handle permits, transportation, and more, so you can focus on enjoying the adventure.
- **Unique Experiences:** Explore offbeat trails, connect with local cultures, and indulge in regional cuisines.

## Our Vision

- We aim to inspire exploration, create lasting memories, and build a thriving travel community that protects and cherishes the natural world.

## More Than Just Travel

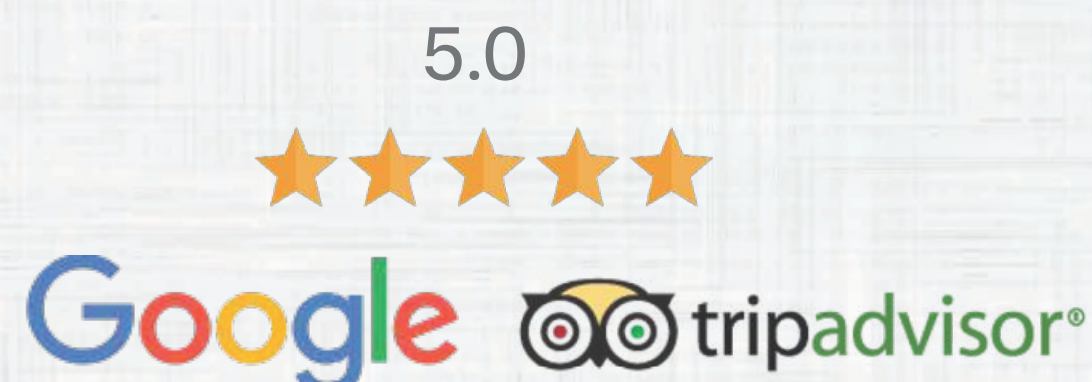
- Immerse yourself in adventure through camping, wildlife spotting, and learning local traditions. Our commitment to sustainable tourism ensures minimal environmental impact and supports local communities.

## Certifications

- We're proudly certified by MSME and IRCTC, ensuring top-notch services you can trust.

Join us to connect with nature, challenge yourself, and create memories that last a lifetime!

## OUR RATINGS



## RECOGNITION



IRCTC AUTHORISED  
E-TICKETING AGENT

BOOKED YOUR TRAIN TICKET INSTANT.



**MSME**  
MICRO, SMALL & MEDIUM ENTERPRISES  
सूक्ष्म, लघु एवं मध्यम उद्यम  
OUR STRENGTH • हमारी शक्ति

Ministry of MSME, Govt. of India



# BRIEF ITINERARY



Day 1: Rishikesh to Joshimath/Pipalkoti (253 Kms, 8 Hrs Drive)



Day 2: Joshimath/Pipalkoti to Pulna (22 Kms, 1 hour Drive) | Trek to Ghangaria (9 Kms, 5 Hrs trek)



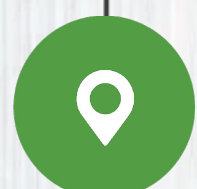
Day 3: Ghangaria to Valley of flowers | Back to Ghangaria (10 Kms, 7 Hrs trek)



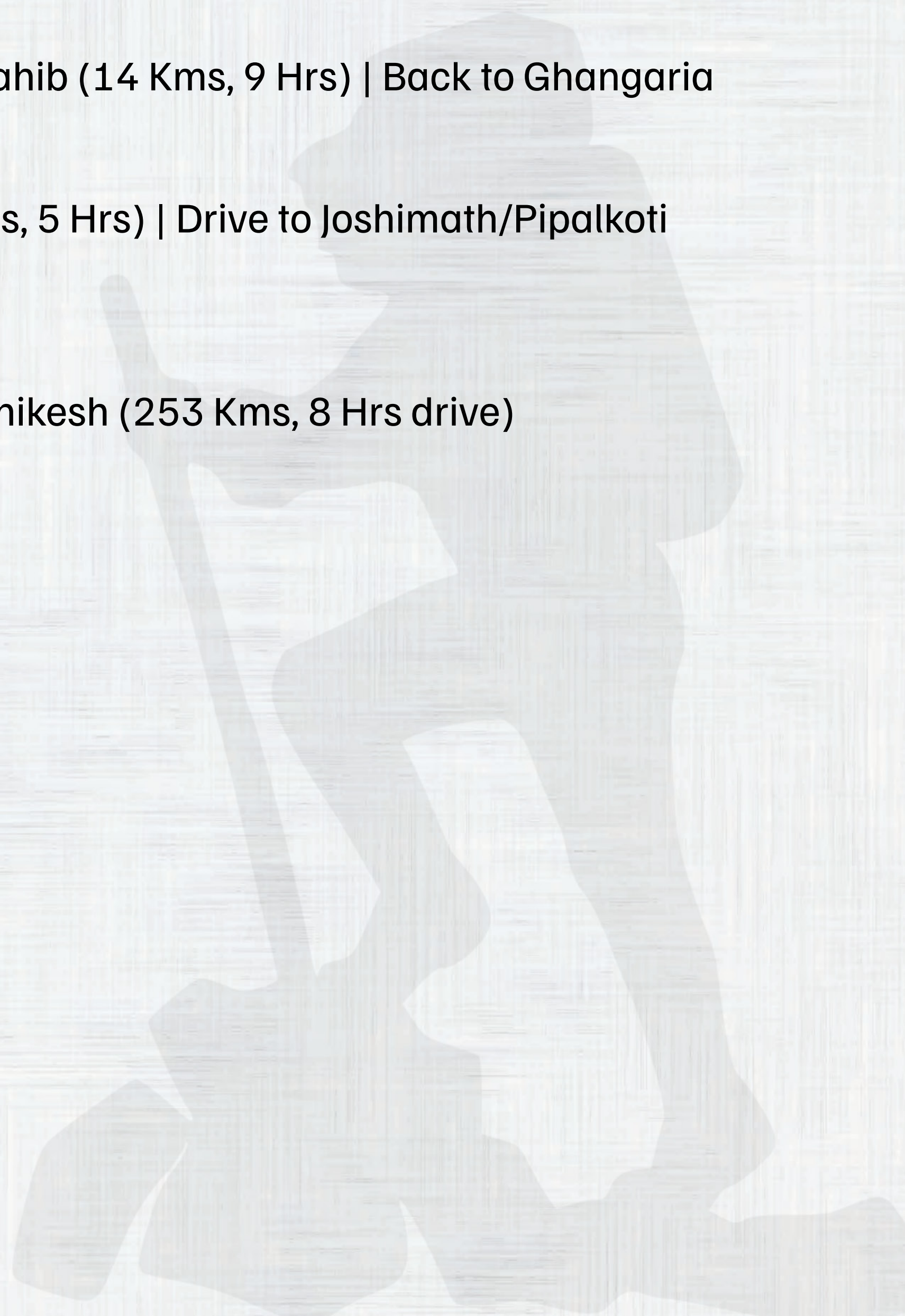
Day 4: Ghangaria to Hemkund Sahib (14 Kms, 9 Hrs) | Back to Ghangaria



Day 5: Ghangaria to Pulna (9 Kms, 5 Hrs) | Drive to Joshimath/Pipalkoti (22 Kms, 1 hour Drive)



Day 6: Joshimath/Pipalkoti to Rishikesh (253 Kms, 8 Hrs drive)





# DETAILED ITINERARY

## Day 1 Rishikesh to Joshimath/Pipalkoti (253 Kms, 8 Hrs Drive)



The group will assemble at the pickup point at 06:30 AM.

On our journey from Rishikesh to Joshimath/Pipalkoti, we'd be traversing the Badrinath road with a picturesque view of the four confluence of the Ganga river, which includes Devprayag, Rudraprayag, Karnaprayag, and Nand Prayag.

You'd also be seeing the Alaknanda river flowing alongside, making your long journey ten times better.

Upon reaching Joshimath/Pipalkoti, we will have dinner and spend the night at our designated hotel.



## Day 2 Joshimath/Pipalkoti to Pulna (22 Kms, 1 hour Drive) | Trek to Ghangaria (9 Kms, 5 Hrs trek)



After early morning breakfast, a small briefing session would be provided where all the necessary details about the Valley of flowers trek would be shared. After which, we will head towards Pulna which is the starting point of this trek.

Upon reaching Pulna, which is 22 kilometers from Joshimath/Pipalkoti, we will start trekking toward Ghangaria village which is nestled at an altitude of 9,800ft. It takes almost five hours to reach the hotel and you are walking along the river for the most part of the trek. Dhabas and shops line the trail, making it easier for trekkers to refill their water bottles and get refreshments as well.

The trail soon becomes tabular, signifying that you are about to reach your destination. Upon reaching Ghangaria village, we will stay in the village and have dinner before retiring for the night.



## Day 3

Ghangaria to Valley of flowers | Back to Ghangaria (10 Kms, 7 Hrs trek)



Post breakfast, we'll head towards Valley of Flowers National park. All the necessary details about the trekking trails for the rest of the day will be shared by the trek leader

The trekking trail from Ghangaria is long and you attain a significant amount of altitude as you go from an elevation of 9,600 ft to 11,500 ft and yet the trek is relatively easier because of the flat walk.

Upon reaching the forest check post, you will get tickets to enter the valley and from there on you will get to witness the beauty of more than 300 species of bloomed flowers in front of you. The valley stretches up to 6-7 kilometers of land ending with a glacier.

Since camping isn't allowed and neither is eating, after spending a considerable amount of time relishing in the beauty of nature, we will head back to Ghangaria where we will have dinner and stay the night.



## Day 4

Ghangaria to Hemkund Sahib (14 Kms, 9 Hrs) | Back to Ghangaria



After breakfast, we will head out for a trek to the Hemkund Sahib, which is the world's highest Gurudwara at an altitude of 15,200 ft. You gain an altitude of 4,000ft in just seven hours. The trail is steep and consists of a stone-paved uphill route making this part of the trail harder to walk upon. However, some porters and mules will offload your baggage for you, and shops lining the trail make it easier for you to get refreshments as well. Upon arrival, we will pay our respects at the Hemkund Sahib Gurudwara and visit the Hemkund Sahib Sarowar as well. You will get to glimpse at the Saptarishi peaks and experience spiritual peace on the premise. Sip on hot piping chai and devour the khichdi that is served in the Gurudwara. Afterward, we will descend to Ghangaria again where we will spend the night after having dinner.



## Day 5

Ghangaria to Pulna (9 Kms, 5 Hrs) | Drive to Joshimath/Pipalkoti (22 Kms, 1 hour Drive)



After early morning tea and breakfast, we will prepare for our descent to Pulna.

The descent is the easiest part of the trek and soon you will reach the base. From here on we will drive back to Joshimath/Pipalkoti .

Upon arrival, we will check into our designated lodgings where we will have dinner and spend the night.



## Day 6 Joshimath/Pipalkoti to Rishikesh (253 Kms, 8 Hrs drive)



After a refreshing morning tea, we will start the return journey to Rishikesh and will reach there by evening.

The group will disassemble and part ways with fond memories.

End of tour.



## WHAT'S INCLUDED

- Accommodation: 2 Nights of Accommodation in a hotel in Joshimath, and 3 Nights of Accommodation in a hotel in Ghangaria on a Double - Triple/Quad Sharing basis as per booking.
- Transportation: Surface transfer from Rishikesh to Rishikesh
- Meals: All Veg meals from Day 1st Dinner to Day 6th Morning Tea.
- Snacks: Morning / Evening Tea / Coffee with light snacks.
- Trek Leader: Qualified and Experienced Trek leader and support staff.
- Permits: All necessary fees and permits.
- Safety Equipment: Basic First Aid kit with Oximeter and Oxygen Cylinder.
- Guide ratio: 1:10
- Others : Cloak Room facility available at base camp for extra luggage.

## WHAT'S EXCLUDED

- Meals during transit.
- Insurance of any kind.
- Any fees and permits (For Foreigners).
- Unscheduled delay due to a landslide.
- Charges for Hot water at Ghangaria (Rs 60 per bucket)
- Cost Escalation due to “Force Majeure and Evacuation charges”.
- Anything not mentioned explicitly in the above program.
- Note: You can apply for travel insurance prior to the trek.
- Bag offloading cost is Rs 1000 (maximum weight should not be more than 10 kg)



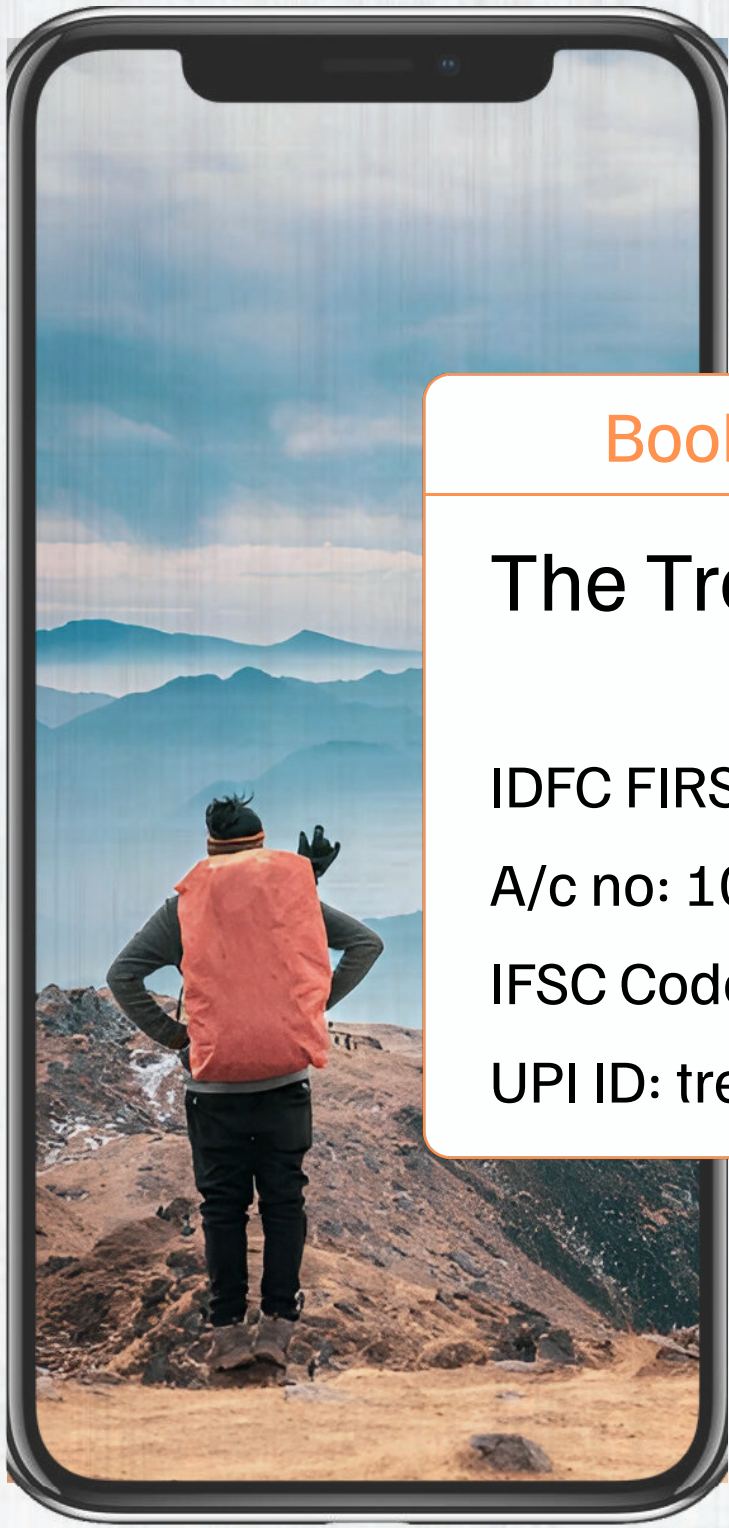
# TOTAL COSTING

Route	Rishikesh to Rishikesh
Triple Occupancy	₹10,000/ Person
Double Occupancy	₹10,000/ Person





# BOOKING PROCESS



Book Your Travel

The Trekkers Trail

IDFC FIRST Bank

A/c no: 10189429542

IFSC Code: IDFB0042341

UPI ID: trekkers9542@idfcbank



**Book Now** 

This button will redirect you to the Website.



Visit our social media handles by clicking any of the above icons.



# GUIDELINES & TERMS

By booking with The Trekkers Trail (TTT), you agree to the following terms and conditions:

1. **Bookings:** Only accepted via online payment or through the assigned consultant for a specific trek/tour/package. Other methods are not valid.
2. **Itinerary Changes:** TTT may alter the itinerary due to weather or unforeseen conditions. Sightseeing and other activities depend on availability and weather.
3. **Disclaimer:** All participants must sign a disclaimer form. TTT is not liable for accidents/mishaps during any trek or trip if the form is not signed.
4. **Safety First:** Follow the trek/tour leader's instructions at all times. TTT is not responsible for injuries due to non-compliance. Completion of the trek/tour may be affected by weather, terrain, or river crossings. Leader's safety decision is final; no refunds for cancellations made in such cases.
5. **Cancellations:** Strict policies apply. No refunds for cancellations, missed services, or personal requests.
6. **Payments:** Full payment must be made on Day 1. Partial payments are not accepted once the trip begins.
7. **Accommodation:** Subject to availability. Alternative similar-class hotels will be provided if listed ones are unavailable. Accommodation is for registered participants only.
8. **Hotel Disclosure:** Hotel names are shared after booking confirmation to avoid misuse. All accommodations are in the 3-star or deluxe category.
9. **Medical Emergencies:** Nearest available help will be arranged. All costs to be borne by the participant.
10. **Zero Litter Policy:** Strictly enforced. Violators may be fined or removed from the trip without refund.
11. **Behavior Policy:** Misconduct or inappropriate behavior will lead to immediate removal from the trip without refund.
12. **Train/Flight Bookings:** Can be arranged at extra cost. Subject to availability and pricing. TTT is not liable for cancellations or delays.
13. **Jurisdiction:** All disputes fall under the jurisdiction of Mansa, Gandhinagar District, Gujarat.

For full terms, visit: [thetrekkerstrail.com/terms-and-conditions](https://thetrekkerstrail.com/terms-and-conditions)



# CANCELLATION **POLICY**

Cancellation Period	Refund Percentage
More than 30 days before the trip	90%
21–29 days before the trip	75%
15–19 days before the trip	50%
14 days or less before the trip	No refund

## Booking Token/Advance:

- The booking token or advance payment is non-refundable in case of cancellation.

## Unforeseen Circumstances:

- In the event of government orders, harsh weather conditions, protests, or other unforeseen circumstances, we will do our best to offer alternative plans or vouchers. However, refunds may not be guaranteed in such cases.
- Cancellation due to natural calamities or unforeseen circumstances will not be eligible for refunds. Any additional expenses incurred due to such situations will be the responsibility of the traveler.

## Peak Season & Popular Destinations:

- Please note that the cancellation policy may differ for peak season and popular destinations. We recommend inquiring about specific policies for your chosen adventure.

## Contact:

- If you have any questions regarding our cancellation policy, please do not hesitate to contact us directly.
- Thank you for choosing The Trekkers Trail for your adventure! We appreciate your understanding and cooperation regarding our cancellation policy.



## GEAR AND ACCESSORIES



### DOCUMENTS

- The Trekkers Trail Medical Form signed by a certified MBBS doctor
- Government-issued photo ID (original and Xerox)
- Your personal medical and baggage insurance papers
- Vaccination Certificate

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# MONSOON TREK PACKING LIST

Pack your clothes inside polybags, to ensure they don't get wet even in heavy rain.

## CLOTHES AND LAYERS



### CLOTHES

- Undergarments
- Woolen Socks
- Work Cap
- Waterproof Gloves
- Synthetic Socks
- Balaclava / Scarf
- Slippers
- Dry Fit T-Shirts

### TOILETRIES

- Toilet Paper
- Toothbrush / Toothpaste
- Lip Balm / Sunscreen
- Menstrual Products
- Zip-Locks / Pouch
- Light Hand Towel
- Reusable Plastic Bag

### MEDICINES

- ORS (6 packs)
- Painkillers
- Crocin (Fever reducer)
- Avomine (Motion sickness)
- Digene (For indigestion)
- Muscle relaxant spray
- Knee cap (optional)
- Your personal medication





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