

DEHRADUN, UTTARAKHAND · 6-DAY VALLEY OF FLOWERS TREK

Valley of Flowers & Hemkund Sahib Glacier Lake

STARTING FROM

₹8,909 ~~₹12,900~~

per person · choose your room/tent type:

Triple-sharing tents & rooms	₹14,500
Twin-sharing tents & rooms	₹16,200

DURATION

6 days · 6-Day Valley of Flowers Trek

ROUTE

Govindghat · 1N

Ghangaria · 3N

Joshimath · 1N

DEPARTURES

Sat, 10 Jul

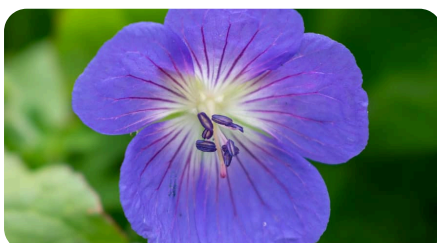
Sat, 24 Jul

Sat, 7 Aug

Sat, 21 Aug

Highlights

- A UNESCO World Heritage valley with hundreds of wildflower species
- Hemkund Sahib, a glacial lake and gurudwara at about 4,300 m
- Guesthouse stays throughout — no camping
- A naturalist-guide in the valley who knows what's blooming
- Season: June to early October (peak bloom mid-July to mid-August)
- Max altitude 3,650 m in the valley (Hemkund about 4,300 m) · Grade: Moderate · About 38 km on foot



Day-by-day itinerary

DAY
1

Rishikesh to Govindghat

6:00 am

Pickup in Rishikesh

About 270 km and 10–11 hours up the Alaknanda valley via Devprayag, Rudraprayag and Joshimath.

Evening

Govindghat (about 1,800 m)

Guesthouse night and the trek leader's briefing, including the national-park rules (no plucking, no leaving the trail, back by the park's closing time).

DAY
2

Govindghat to Ghangaria

7:00 am

Shared jeep to Pulna

About 4 km to the start of the trail.

8:00 am

Trek up the Laxman Ganga

About 10 km and 6–7 hours on a paved pilgrim path beside the river. Mules and porters share the trail; stay on the hill side.

Evening

Ghangaria (about 3,050 m)

A small seasonal settlement and your base for three nights, in a guesthouse.

DAY
3

Valley of Flowers

7:00 am

Into the national park

Entry at the forest checkpoint (the park opens around 7 am; last entry is around midday), then about 4 km into the valley.

Day

The valley

Walk as deep as the group likes — up to about 3,650 m — with a naturalist-guide who can name what's in bloom. July and August bring the peak bloom; in September the flowers thin out and the valley turns golden.

Afternoon

Back to Ghangaria

The park must be left before its closing time, around 5 pm.

DAY
4

Hemkund Sahib

6:00 am

The climb

About 6 km and 4–5 hours up a steep stone path to Hemkund Sahib (about 4,300 m), a glacial lake with a Sikh gurudwara and a Lakshman temple on its shore.

Midday

Langar and the lake

Tea and langar at the gurudwara. Visitors must start down by early afternoon.

Afternoon

Descend to Ghangaria

Back for the last night in Ghangaria. Hemkund closes for the year in early–mid October; on later departures we swap this day for a second valley day.

DAY
5

Ghangaria to Joshimath

Morning

Walk out

About 10 km down to Pulna, then a jeep to Govindghat.

Afternoon

Joshimath

Drive about 1 hour to Joshimath. Guesthouse night.

DAY
6

Joshimath to Rishikesh

6:30 am

Drive back

Reach Rishikesh between 6 and 8 pm.

Stay, food & what's included

Stay

Guesthouse — Twin/triple-sharing rooms in simple guesthouses in Govindghat, Ghangaria and Joshimath, with hot water by bucket. No camping on this trek.

Food

- All meals on the trek — breakfast, packed or hot lunch, evening snacks and dinner
- Hot tea, coffee and soup at camp
- Langar at Hemkund Sahib

Camp kitchen — Simple, hot vegetarian food cooked fresh by the trek cook — dal, rice, sabzi, rotis, khichdi or pasta, with a dessert on the last night.

Included

- Shared tempo traveller from Rishikesh or Dehradun to Govindghat and back (pickup around 6 am on day 1)
- 5 nights in guesthouses: 1 in Govindghat, 3 in Ghangaria, 1 in Joshimath (shared rooms)
- All meals from dinner on day 1 to breakfast on day 6
- Certified trek leader and a naturalist-guide in the valley
- Shared jeeps between Govindghat and Pulna both ways
- Valley of Flowers national-park entry permit
- First-aid kit, oxygen cylinder and pulse oximeter with the leader

Not included

- Travel to the pickup point and back home
- Backpack offloading (available as an add-on)
- Personal trekking gear — shoes, jackets, poles (can be hired as an add-on)
- Meals on the drive days before and after the trek, unless listed
- Travel insurance
- Anything personal: tips, snacks, bottled drinks, phone charging at tea shops
- Costs from weather, landslides or road closures that force a change of plan
- Ponies or palkis to Ghangaria or Hemkund Sahib (can be arranged on the spot)

Things to carry

- Trekking shoes with ankle support and a deep grip, broken in before the trip
- 40–60 L backpack with a rain cover, plus a small daypack if you offload
- Three warm layers (fleece + padded/down jacket) — nights drop near or below 0 °C
- Waterproof jacket or poncho and quick-dry trek pants (no jeans)
- Thermal inner wear for the nights
- Woollen cap, fleece gloves and 3 pairs of socks (1 woollen)
- UV sunglasses, SPF 50 sunscreen and lip balm
- Two 1 L water bottles (no single-use plastic on the trail)
- Headlamp with spare batteries
- Trekking pole (recommended; can be hired)
- Personal medicines, plus Diamox only if your doctor advises it
- Government photo ID — original and one photocopy (needed for forest permits)
- Medical fitness certificate signed by a doctor (we send the format)

Add-ons you can include

Backpack offloading	₹2,000 per person
Delhi ⇄ trip travel (both ways)	₹1,999 per person
Extra buffer day on the mountain	₹2,500 per person
Full Reel Package (Videographer, Full day)	₹8,000 per group
Private Vehicle Upgrade	₹3,000 per group
Shadow Photographer (4 hrs)	₹4,000 per group
Trek gear on hire	₹1,200 per person

Book this trip

No payment until your plan and price are confirmed in writing · 25% advance to book · Groups, private dates and custom plans welcome.

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Prices are per person as on 13 October 2026 and may change; your final price is confirmed in your written quote. Treks and activities are run by our licensed local vendors. Full terms and cancellation policy: deshraah.in/terms

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