

UTTARAKHAND · CHAMOLI · HIMALAYA

Valley of Flowers Trek

6 days · 5 nights · Easy – Moderate · summit at 4,329 m

₹7,500

per person + 5% GST · EMI available at checkout · Free microspikes & gaiters

DURATION

6 days

GRADE

Easy – Moderate

HIGHEST POINT

4,329 m 14,200 ft

TREK DISTANCE

50 km

ABOUT THE TREK

Valley of Flowers at a glance

Trek fee per person

₹7,500

+ 5% GST ₹375

₹7,875 all-in

EMI available at checkout

Book at

trekkaro.com/trek/valley-of-flowers

Free microspikes & gaiters

Free microspikes and gaiters on this trek, no deposit and no charge. Bring your own trekking shoes, warm jacket and poles. Tents and sleeping bags are provided on camping nights.

WHY TREK WITH TREKKARO

- ✓ World's only Free Trekking Gear company, since 2018
- ✓ Groups capped at 20 · one leader or guide for every 8
- ✓ Certified trek leaders, oximeter checks, first-aid kit
- ✓ Hot, fresh meals cooked at camp
- ✓ 4.7 on Google · 4.9 on Facebook
- ✓ Free rescheduling up to 8 days before

There is no trek in the Indian Himalayas quite like the Valley of Flowers. Not because it is the hardest, or the highest, or the longest; it is none of those things. It is the only trek in India where you walk into a UNESCO World Heritage Site that is, for a brief window of weeks each year, covered from end to end in Himalayan wildflowers in densities and varieties found nowhere else on the subcontinent. Over 300 species of alpine flora bloom simultaneously in the valley between July and September: Brahmakamal, Blue Poppy, Cobra Lily, Himalayan Balsam, and Marsh Marigold, in a colour display that photographers, botanists, and ordinary trekkers describe in terms that consistently exceed the language available to them.

The Valley of Flowers National Park sits in the Chamoli district of Uttarakhand at the head of the Pushpawati River...

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Jul-Aug

Valley 8°C to 15°C, Hemkund 2°C to 8°C

Sep

Valley 5°C to 12°C, Hemkund 0°C to 5°C

The itinerary

1 DAY 1

Arrival at Joshimath (1,890 m / 6,200 ft)

250 km drive from Rishikesh, 7–8 hrs

The drive from Rishikesh to Joshimath is one of the most scenic road journeys in the Garhwal Himalaya.

2 DAY 2

Drive from Joshimath to Govind Ghat, 30 min, then shared jeep to Poolna (2,050 m / 6,730 ft)

trek to Ghangaria (3,048 m / 10,000 ft); 11 km, 4–5 hrs

From Joshimath the road descends briefly to Govind Ghat (1,828 m) on the Badrinath highway, where the Laxmanganga river joins the Alaknanda at the base of the gorge.

3 DAY 3

Ghangaria (3,048 m / 10,000 ft) to Valley of Flowers (3,352–3,658 m / 11,000–12,000 ft) and back

16 km, 6–7 hrs

The 4 km trail from Ghangaria to the Valley of Flowers entry gate climbs through forest and open meadow before the valley floor opens abruptly and completely.

4 DAY 4

Ghangaria (3,048 m / 10,000 ft) to Hemkund Sahib (4,329 m / 14,200 ft) and back

12 km, 6–7 hrs

The trail to Hemkund Sahib is one of the most relentlessly ascending day walks in accessible Indian trekking.

5 DAY 5

Ghangaria (3,048 m / 10,000 ft) to Poolna (2,050 m / 6,730 ft)

11 km, 3–4 hrs; jeep or 3 km walk to Govind Ghat; 30 min drive to Joshimath

The final morning in Ghangaria carries a particular quality; a day in the valley and a day at Hemkund Sahib are behind you, and the gorge trail descends ahead.

6 DAY 6

Joshimath (1,890 m / 6,200 ft) to Rishikesh

250 km drive, 7–8 hrs

The drive from Joshimath back to Rishikesh reverses the approach journey Vishnuprayag, Chamoli, Rudraprayag, Devprayag, and Rishikesh, the same landmarks in the...

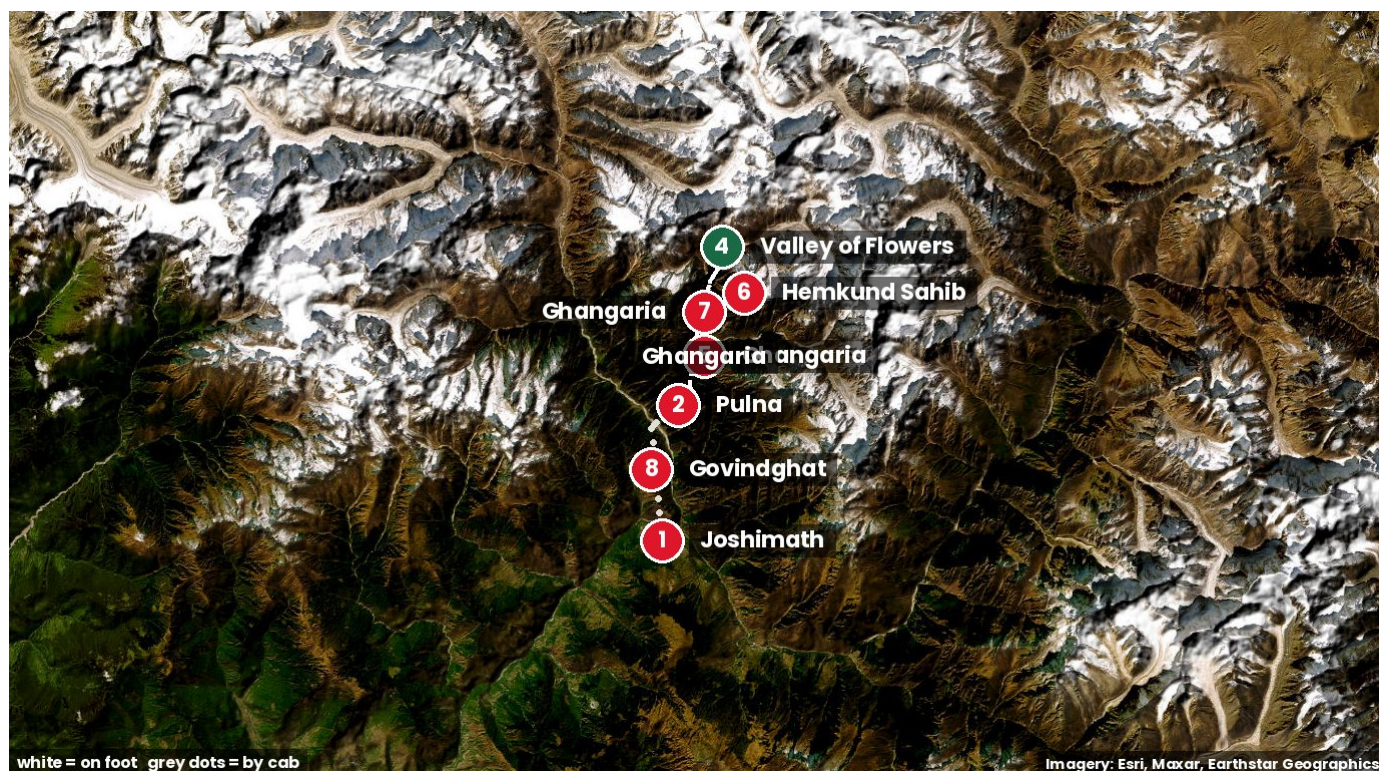
PICK YOUR DATES

Upcoming departures

JUL 2027 3 – 8 Sat to Thu · 6 days	JUL 2027 4 – 9 Sun to Fri · 6 days	JUL 2027 10 – 15 Sat to Thu · 6 days	JUL 2027 11 – 16 Sun to Fri · 6 days
JUL 2027 17 – 22 Sat to Thu · 6 days	JUL 2027 18 – 23 Sun to Fri · 6 days	JUL 2027 24 – 29 Sat to Thu · 6 days	JUL 2027 25 – 30 Sun to Fri · 6 days
JUL 2027 31 – 5 Aug Sat to Thu · 6 days	AUG 2027 1 – 6 Sun to Fri · 6 days	AUG 2027 7 – 12 Sat to Thu · 6 days	AUG 2027 8 – 13 Sun to Fri · 6 days
AUG 2027 14 – 19 Sat to Thu · 6 days	AUG 2027 15 – 20 Sun to Fri · 6 days	AUG 2027 21 – 26 Sat to Thu · 6 days	AUG 2027 22 – 27 Sun to Fri · 6 days
AUG 2027 28 – 2 Sep Sat to Thu · 6 days	AUG 2027 29 – 3 Sep Sun to Fri · 6 days	SEP 2027 4 – 9 Sat to Thu · 6 days	SEP 2027 5 – 10 Sun to Fri · 6 days
SEP 2027 11 – 16 Sat to Thu · 6 days	SEP 2027 12 – 17 Sun to Fri · 6 days	SEP 2027 18 – 23 Sat to Thu · 6 days	SEP 2027 19 – 24 Sun to Fri · 6 days

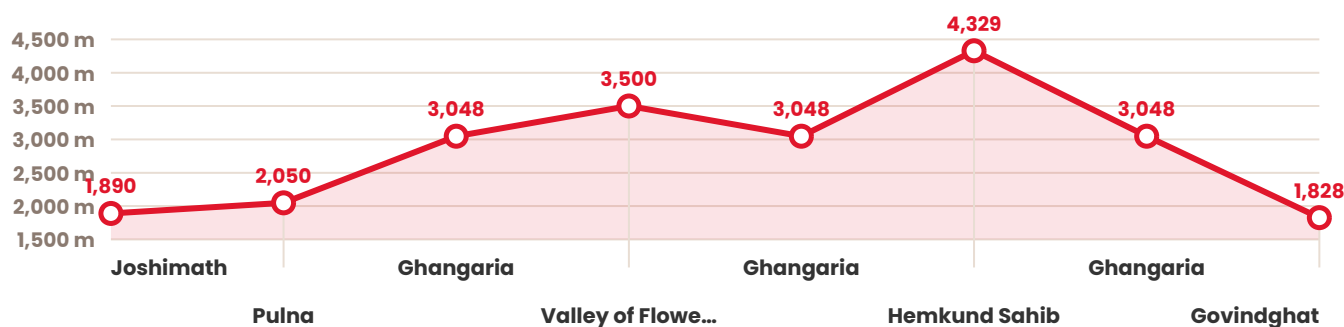
live seats and booking: trekkaro.com/trek/valley-of-flowers · booking closes at 5 PM the day before departure · groups capped at 20 with one leader or guide for every 8 trekkers.

The route



Satellite view with the camps and the summit marked; the trek page has the same map with the trail walked day by day.

ALTITUDE PROFILE



ROUTE, STOP BY STOP

- | | |
|--|---|
| <p>1 Joshimath 1,890 m
Day 1 · Base</p> <p>2 Pulna 2,050 m
Day 2 · Camp · reached by cab</p> <p>3 Ghangaria 3,048 m
Day 2 · Camp</p> <p>4 Valley of Flowers 3,500 m
Day 3 · Summit · National park; day walk</p> | <p>5 Ghangaria (return) 3,048 m
Day 3 · Camp · Back for the night</p> <p>6 Hemkund Sahib 4,329 m
Day 4 · Lake · Gurudwara and glacial lake</p> <p>7 Ghangaria (return) 3,048 m
Day 4 · Camp · Back for the night</p> <p>8 Govindghat (trek end) 1,828 m
Day 5 · Base · reached by cab · Descent to the road</p> |
|--|---|

FEE COVERS

What is included

✓ Accommodation	Day 1 and Day 5: hotel or guesthouse in Joshimath, on a triple or quad sharing basis. Day 2 to Day 4: hotel or guesthouse in Ghangaria, on a triple or quad sharing basis.
✓ Meals	All meals from Day 1 dinner to Day 5 dinner: breakfast, lunch, evening snacks and dinner.
✓ Permits & Camping Fees	Valley of Flowers National Park entry fees and forest permits, arranged by Trekkaro.
✓ Camping & Safety Equipment	SpO2, pulse and blood-pressure checks every day at every hotel. Portable oxygen cylinder and emergency stretcher on every batch. Free microspikes and gaiters (no deposit, no charge).
✓ Trek Team	Certified trek leader and guide for all 5 days. Trekkaro naturalist guide on the valley day, for species identification and botanical briefings. Trek completion certificate when you complete the full circuit to Joshimath.

OPTIONAL ADD-ONS

Backpack Offloading	₹2,000 + 5% GST for the whole trek (max 9 kg)
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What is not included

✗ Transport	Not included: Rishikesh to Joshimath and back. Trekkaro helps the group book a shared cab, approximately ₹7,500 one way per 5–6 seat vehicle, paid directly to the driver and split among the trekkers in it. Travel to and from Rishikesh (flights, trains or buses), arranged by you.
✗ Food During Transit	Meals on the drive between Rishikesh and Joshimath.
✗ Backpack Offloading (optional)	₹2,000 + 5% GST for the entire trek. Maximum weight: 9 kg; no suitcases, trolleys or duffel bags. Charges may be higher for last-minute requests made at Joshimath.
✗ Personal Equipment	Your clothing, backpack, sunglasses and other personal gear. Trekking shoes, jacket and trekking poles: bring your own (microspikes and gaiters are provided free).
✗ Trek Insurance	Travel insurance is mandatory and not included. It must cover high-altitude trekking and helicopter evacuation.
✗ Anything Not Mentioned Under Inclusions	Accommodation in Rishikesh before or after the trek. Personal expenses such as tips, calls, laundry and extra snacks. Costs from an early exit, evacuation, or an itinerary change due to weather or medical reasons.

Things to carry

Basic Gears

Valley of Flowers is a monsoon trek with wet, muddy trails and a steep climb to Hemkund Sahib (4,329 m), so bring waterproof, broken-in gear of your own.

- **Backpack** – 50–60 L with a fitted rain cover; line the inside with a plastic bag as well
- **Day pack** – 20–30 L with a rain cover, for the day walks into the Valley and up to Hemkund Sahib
- **Trekking shoes** – bring your own: waterproof, with ankle support and broken in before the trek; wet feet are the main cause of blisters
- **Trekking poles** – bring your own; they help on the steep climb to Hemkund Sahib and the long descent to Govindghat
- **Microspikes and gaiters** – provided free (no deposit, no charge); gaiters keep mud, slush and small stones out of your shoes
- **Headlamp** – with spare batteries, for early starts to Hemkund Sahib before the afternoon weather sets in
- **Water bottles** – 2 bottles of 1 L each
- **Lunch box** – reusable, for packed lunches on the trail

Clothes

July–September brings frequent heavy rain in the valley and cold wind and mist at Hemkund Sahib, so pack full rain gear and 3 warm layers, with no cotton next to your skin.

- **Rain jacket and rain pants, or a good poncho** – essential; heavy monsoon rain is common in the Valley
- **Thermal innerwear** – moisture-wicking, top and bottom, 2 sets so one is always dry
- **Fleece jacket** – a 200–300 gm mid-layer for rest stops and cool mornings
- **Padded jacket** – bring your own down or synthetic jacket; it gets very cold at Hemkund Sahib in the wind and mist
- **Trek pants** – 2 pairs, quick-dry (one can be fleece-lined for cold mornings); no jeans
- **T-shirts** – 3 quick-dry collared T-shirts
- **Socks** – at least 4 pairs of wool or synthetic trekking socks, plus 1 woollen pair for the night; keep dry spares sealed in a bag
- **Caps** – a sun cap and a warm woollen cap that covers your ears for Hemkund Sahib
- **Buff or neck gaiter** – against cold wind and sun
- **Gloves** – fleece liner gloves plus waterproof outer gloves for the cold, windy lake at Hemkund Sahib

Accessories

Even in the monsoon the high-altitude UV is strong between showers, and the Valley is a protected national park and UNESCO World Heritage site, so pack light and leave no trace.

- **Sunglasses** – UV-protected (category 3–4)
- **Sunscreen** – SPF 50+, reapplied every 2 hours at altitude
- **Lip balm** – with SPF
- **Quick-dry towel** – dries far faster than cotton in the damp weather
- **Toiletries** – biodegradable only, to protect the national park; no wet wipes, as they are not biodegradable
- **Plastic or ziploc bags** – several, to keep clothes, phone and documents dry and to separate wet clothes
- **Personal medical kit** – blister plasters, ORS and your regular medicines; consult your doctor before the trek

Others

ATMs are few in the hills and cards are not accepted in the mountains, so plan cash and small comforts before you leave Rishikesh.

- **Snacks** – nuts, energy bars, dark chocolate and dates, especially for Hemkund Sahib day
- **ORS or electrolyte sachets** – add to your water daily
- **Power bank** – with enough capacity for the trek days
- **Cash** – enough in small notes for your share of the transport and small expenses
- **Reusable waste bag** – Trekkaro follows a zero-waste policy on the trail, so carry out all your packaging
- **Camp slippers or sandals** – lightweight, to rest your feet in the evenings
- **Earplugs** – optional, useful in shared accommodation

Mandatory Documents

- **Government photo ID** – original and a photocopy (Aadhaar, passport, voter ID or driving licence)
- **Trekkaro booking confirmation** – your e-ticket / tax invoice
- **Medical fitness certificate** – strongly recommended
- **Travel insurance** – policy document with emergency evacuation cover; mandatory
- **Disclaimer form** – with your emergency contact details filled in
- **Passport** – for international trekkers, required for forest entry permits and in case of medical evacuation

How to reach

BY AIR

Nearest airport: Jolly Grant Airport, Dehradun (DED), about 20–25 km and around 45 minutes from Rishikesh, with direct flights from Delhi and other metros. Fly in the day before and stay in Rishikesh, so a delayed flight does not cost you the drive.

From Rishikesh to Joshimath: about 250 km via Devprayag and Rudraprayag, a 7–8 hour drive. Transport is not included in the trek fee: we help the group book shared cabs (about ₹7,500 one way per 5–6 seat vehicle), paid directly to the driver and split among trekkers. The cab leaves Jumping Heights, Rishikesh.

Return: on the last day you drive about 250 km (7–8 hours) from Joshimath back to Jumping Heights, Rishikesh. Hill roads can be slow in the monsoon, so book onward travel for late night or the next day.

BY TRAIN

Nearest railway station: Haridwar Junction, about 25–30 km (around 1 hour) from Rishikesh, has trains from Delhi and most major cities, while Yog Nagari Rishikesh (YNRK) has only a few trains. Check current timings and plan to reach Rishikesh the day before the drive.

Haridwar Junction – trains from Delhi including the Shatabdi, Jan Shatabdi and overnight trains; then a cab or bus to Rishikesh

Yog Nagari Rishikesh – useful only if one of its few trains suits your dates

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BY BUS OR ROAD

Bus route: buses from Delhi ISBT Kashmere Gate reach Rishikesh in about 6–7 hours, including overnight Volvo and Uttarakhand Roadways buses. Haridwar (about 230 km and 5–6 hours from Delhi) also has regular buses and is about 1 hour from Rishikesh; reaching Rishikesh the evening before is the safest plan.

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PLANS CHANGE — WE GET IT

Cancellation and **rescheduling**

UP TO 8 DAYS BEFORE

Free reschedule

Move to another batch once, transfer the booking, or take a 100% TrekCash voucher valid for one year.

CANCELLING

70% · 50%

70% refund 30 or more days before departure; 50% refund 15–29 days before.

8 TO 14 DAYS BEFORE

TrekCash

No cash refund, but a voucher for the full amount. Within 7 days: no refund. Full policy at trekkaro.com/terms#cancellation

If Trekkaro cancels a batch (low group size, trek leader unavailable, route closed, weather or government orders) you are told by e-mail and WhatsApp with the reason and get **100% of everything you paid**, however close to departure — as a TrekCash voucher valid 12 months, or a full refund if you prefer, or a free move to another batch.

OMI

Still have questions? Ask OMI anything

OMI is Trekkaro's AI trek advisor — fitness, weather, what to pack, dates, how to reach — in English, Hindi or your own language, any time of day. Tap anywhere on this box, or open trekkaro.com/trek/valley-of-flowers#omi, and the chat opens on the trek page.

ON THE TRAIL



BOOK OR ASK US ANYTHING

+91 80576 54321 call

+91 75056 26675 WhatsApp · OMI answers 24×7

WhatsApp or call · 10 AM to 7 PM, Sunday off · info@trekkaro.com

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