**Hemkund Trek**

**Location:** Garhwal Himalayas
**Altitude:** 5029 m above Sea Level
**Best time to visit:** Mid May to June & Mid August to October
**Grade:** Moderate
**Duration:** 7 Days

One of the sacred treks in the Garhwal Himalayan region that attracts the Sikh pilgrims the most, the Hemkund Sahib Trek in the Garhwal Himalayan region is one of the renowned treks in the Indian Himalaya that stretches from an elevation of 1900 meters to 4,300 meters. The major highlight on this trek is the Hemkund Sahib, which is a Gurudwara that overlooks the crystal clear water of Hemkund, a natural lake and is tucked under the shadow of the snow clad peaks surrounding it. The vicinity offers an extreme beautiful view of the serene mountains and one can even discover a temple that is dedicated to Sri Laxman. Before the Sikh invaded this site, it was a place of worship and pilgrimage for the local Hindu population, a place linked to the Hindu trinity: the creator – Brahma, the sustainer – Vishnu and the destroyer – Shiva. Nonetheless, one covering this sacred trek to Hemkund must also trail to Valley of Flowers that divulges from Ghangria. The Valley of Flowers is yet another popular trekking destination in the Garhwal Himalayan region, which is approximately a couple of hours from Ghangria. The valley offers a colourful array of flowers during its peak season and snowy peaks secluding it.

The Hemkund Sahib Trek is considered as one of the easy to moderate treks in the Garhwal Himalayan region that starts from Govindghat, which is approximately a 22 kilometers drive from Joshimath. From Govindghat the trailing tracks winds up at Ghangria, wherefrom one route heads to Hemkund and the other leads to the Valley of Flowers. The track to Hemkund from Ghangria is mostly of steep stone footpath and it takes approximately 5-6 hours. Further, the vicinity is popular for Brahma Kamal, which is a Himalayan flower that grows abundantly at 3,500 meters and above. The trail to the Valley of Flowers from Ghangria after descending from Hemkund is yet another memorable experience for the beginners. A gentle climb, passing through a rich bed of nature dotted with several medicinal plants and Himalayan trees, towering peaks peeking behind the valley, enriches the trekking tour in the Garhwal Himalayan region. The Valley of Flower hosts more than 5000 species of plant species including flowering plants, medicinal plants and trees and one can even discover several species of avifauna and Himalayan animals.

**Itinerary:-**

**Day 01): Delhi- Rishikesh Drive 224 KM**
Morning after breakfast, drive to Rishikesh. Rishikesh is the gateway to the Garhwal Himalayas. The distance between the two cities is 220 kms which takes about 6 hrs. The city is full of temples & ashrams and has the Yoga Institute situated here. Arrive Rishikesh and check into the hotel. Afternoon at leisure. Dinner & Overnight stay at hotel.

**Day 02): Rishikesh- Karnprayag -Joshimath Drive 245 KM**
Morning after breakfast, drive to reach Joshimath (1874 mt/245Km) which is the winter abode of Lord Badrinath. Lunch enroute. Evening arrive at Joshimath and check into the hotel for dinner and overnight stay.

**Day 03): Joshimath-Govindghat - Ghangaria Trek (13 KM) DRIVE (18 KM)**
After breakfast, drive to reach Govindghat (1828 mt/22Km). Start trekking to reach Ghangaria(3049 mt/14 km Trek) with packed lunch. Ghangaria is the base camp for visiting Hemkund Sahib and Valley of Flowers.

**Day 04): Ghangariya -Hemkund -Ghangariya Trek 16 KM**
Early in the morning start trekking (7 Km) to reach "HEMKUND SAHIB". One of the most revered of all Sikh Shrines, The Hemkund Sahib, the World’s Highest Gurudwara, is situated at an altitude of 4,329 mts. In the afternoon trek down to reach Ghangariya for overnight stay. Evening is free for rest & relaxation.

**Day 05): Ghangariya**
Day at leisure for independent activities.
OPTIONAL TRIP: Visit to the Valley of Flowers. The whole valley is dotted with a varieties of exotic flowers and other flora. Return to Ghangria for overnight stay.

**Day 06): Ghangariya - Govindghat - Rudraprayag Drive 148 KM Trek 16 Km**
Morning after early breakfast, start return trek to Govindghat and then drive to Rudraprayag via Joshimath and Karnaprayag. On arrival, check into hotel. At the confluence of Mandakini and Alaknanda river, Rudraprayag is a Hindu Pilgrimage centre. Dinner & Overnight stay at hotel.

**Day 07): Rudraprayag - Rishikesh - Delhi Drive 350 KM**
Early breakfast and drive to Delhi (320 mt) 350 Km via Rishikesh.