**Valley of Flowers Trek**

**T**he Valley of Flowers is a beautiful meadow located at an altitude of about eleven thousand feet. It is the valley of the stream Pushpavati, a tributary of Alaknanda. Frank Smythe discovered 'The Valley of Flowers' in 1931 on his way back after a successful expedition to Mt. Kamet. Ferns, dwarf iris, dwarf larkspur, dwarf rhododendrons, primula, blue poppies, fritillaria, asters, potentillas, inula grandifloras and hundreds of other species grow wild in the valley.   
The Valley of Flowers is a riot of color in August/September. Well over a thousand varieties of flowers, shrubs, orchids and plants in myriad hues, differing textures and colors paint the valley in a gorgeous display. The valley is a natural plantation surrounded by the dazzling snow clad Himalayas, a feast for the botanist and amateur alike.  
  
**L**egends associate this valley of Garhwal Himalayas with the area from where lord Hanuman collected "Sanjeevani" herbs to revive Lakshmana, the younger brother of lord Rama. Hanumanji had to visit far-flung areas in his search for the "Sanjeevani" life - saving herbs.

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| Valley of Flowers Trekking Tour |

**I**n 1939, Miss Margaret Legge, a botanist deputed by the botanical gardens of Edinburgh arrived at the valley of flowers for further studies, While she slipped off and was lost for ever in the garden of the gods. Her sister later visited the valley of flowers and erected a memorial on the spot where she was buried by the locals. The thoughtful memorial is still there.   
  
**Location:** Garhwal Himalayas (Uttaranchal)  
**Area:** 87.5 sq. Kms.  
**Altitude:** Between 3,658 m to 3,962 m  
**Best Season:** Mid July To Mid September  
  
**Tour Highlights**  
  
Haridwar & Rishikesh: The two holy towns of the Hindus - centres of 'Vedic' learning, Yoga & Meditation.  
Hemkund Sahib: The pilgrim centre of Sikh people high in the Himalayas. The Hemkund lake is dominated by the colossal Hathi Parbat (peak).  
Auli: A popular winter Ski resort, Auli offers spectacular panoramic view of the Himalayas.  
Pauri: A small hill station with serene surroundings. Enjoy the hospitality of a local village here.  
  
**Day01): Arrival at Delhi**   
Upon arrival at Delhi transfer to hotel for overnight stay.  
  
**Day02): New Delhi - Haridwar (205 kms/5-6 hrs).**   
In the morning after breakfast drive to Haridwar. Lunch enroute. Upon arrival at Haridwar, check into the hotel. In the evening visit "Har Ki peri" for Aarti ceremony. Back to hotel for dinner and overnight stay.   
  
**Haridwar:** Haridwar is the gateway to the four pilgrimages of Uttaranchal. It's also starting point on the journey to the sacred sources of the Ganga and the Yamuna Rivers. According to legend, Prince Bhagirath performed penance here to salvage the souls of his ancestors who had perished due to Sage Kapila's curse. The penance was answered and the river Ganga trickled forth from Lord Shiva's locks and its bountiful water revived the sons of King Sagara. In the tradition of Bhagirath, devout Hindus stand in the sacred waters here, praying for the salvation of their ancestors.  
  
The holy city of Haridwar is home to some of the most sacred Hindu rituals. Round the year, devotees from all over the country flock here in their thousands to perform "Poojas" or prayers. Renowned for the "Maha Kumbh Mela" which appears Every 12 years and the enchanting "Aarti" at "Har Ki Pauri" which captives the beholder with hundreds of burning wick lamps floating down the Ganges this town has been distinguished for centuries in the Indian society.   
  
**Day03): Haridwar - Joshimath (245 kms/8-9 hrs)**  
After an early breakfast drive to Joshimath via Devprayag. On the way visit Dev prayag where Bhagirathi and Alaknanda rivers meet. From here the holy river Ganges started. Arrival at Joshimath by evening, check into the hotel. Dinner & overnight stay.   
  
**Joshimath:** The religious centre, established by Adi Shankaracharya, which he called Jyotirmath, later came to be known as Joshimath. Among the sites of interest are the temples of Nav Durga and Narsingh. Apart from its obvious religious importance, Joshimath is known for its scenic beauty.   
  
**Day04): Joshimath - Govindghat (22 kms/1 hrs) - Ghangaria (14 kms/3-4 hrs)**  
After an early breakfast drive to Govindghat. Which is the starting point of the trek. From Govindghat there is a gradual ascent along a well maintained pilgrim trail to Ghangaria. Upon arrival at Ghangria check into hotel. Explore the surroundings in the evening. Dinner and overnight stay at the hotel.

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| **Day05): Ghangaria - Valley Of Flowers - Ghangria (5 kms one side/4-5 hrs)**  After breakfast trek to Valley Of Flowers (3858 m) from Ghangaria. The valley is an enchanting sight with an impressive array of rare wildflowers like Geranium, Marsh marigold, Prinula, Potentilla, Geum, Asters, Lilium, Ranunculus, Corydalis, Inula, Braham kamal, Campanula, Pedicularis, Arisaema, Morina, Impatiens, Bistorta, Ligularia, Anaphalis, Saxifrages, Sibbaldia, Thermo- psis, Trollius, Codonopsis, Dactylorhiza, Cypripedium, Str- awberry, Epilobium, Rhododendrons and numerous others. Most of the flowers have medicinal values too. The valley is 10 kms long, 2 kms wide, and is divided by the Pushpawati stream, into which several tiny streams and waterfalls merge. After enjoying the beauty of valley trek back to Ghangaria. Dinner & overnight stay at the hotel.  **Day06):Ghanghria-Hemkund-Ghanghria** | Valley of Flowers, Uttaranchal |

After breakfast trek to Hemkund Sahib (4329 m) from Ghangaria. This is quite a steep climb. In the Sikh holy book, The Granth Sahib, the Sikh Guru Gobind Singh recounts that in a previous life, he meditated on the shores of a lake surrounded by seven snowcapped mountains now recognized by Hemkund. Late afternoon trek back to Ghangaria. Dinner & overnight stay at the hotel.  **Day07): Ghangaria - Govind Ghat - Joshimath**   
After breakfast trek down to reach Govind Ghat and from here drive to Joshimath. Upon arrival at Joshimath check into the hotel. Rest of the day is free to explore the area. One can also visit Auli in the evening. Dinner and over night stay at the hotel.  
  
**Day08): Joshimath - Haridwar**   
Early morning drive to Haridwar with packed breakfast. On the way visit Rudraprayag where river Mandakini and Alaknanda meet. Lunch enroute. Arrive Haridwar by evening. Check into the hotel for dinner and overnight stay.   
  
**Day09): Haridwar - Delhi**   
After an early breakfast visit Har ki peri. After lunch drive to Delhi airport