



Garh-Gorkha

Website : www.garhgorkha.com

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Valley of flowers Trek

The fragrance of the Himalayas

- Max Altitude : 4328m
Region : Garhwal Himalayas, Uttarakhand
Trek Length : 42km
Grade : Easy to Moderate
Price : 8300 INR
Duration : 5N/5D
Best time to visit : June to October





BRIEF ITINERARY

Day 1 - Arrival at Govindghat (296km drive from Haridwar).

Day 2 - Govindghat - Poolna (4km drive) - Ghangria (9km trek).

Day 3 - Ghangria - Valley of flowers - Ghangria (8km trek).

Day 4 - Ghangria - Hemkund Sahib - Ghangria (12km trek).

Day 5 - Ghangria - Govindghat (13km trek).

Day 6 - Departure.



Cost Terms :

Trek cost : 8300 INR (for fixed departures)

For customised dates please call on :

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Inclusion :

- experienced trek staff: trek leader, support staff(cook, helper, paramedic)
- accommodation: hotel, homestay, guest house, tent
- all meals during trek
- trekking equipments: all tents(including kitchen, dining & toilet tent), sleeping bags, mattress, fleece inners, crampons, utensils
- charges: permit fee, forest camping charges
- medical kit: medicines, oxygen cylinder, first aid
- mules/ porters

Exclusion :

- Transport upto Sankri village and back from Sankri village
- Rucksack offloading charges for the trek

Note :

1. We can also provide you transport from nearest airport/rail head/ city at a cost ranging from 4000rs to 6000rs. Depending upon the distance to base camp, the price is applicable for 8 persons. If you wish to negotiate yourself, we can also provide you the contacts of cab service providers.
2. Offloading charges are 300/bag for one day on informing 7 days before the commencement of the trek, thereafter, 350/ bag for one day.
3. In case of illness/ sickness/ injury, the trekker will be escorted back to base camp by the support staff.



How to reach



Trek services start from - Govindghat

Rail head - Dehradun/ Haridwar

Air head - Jolly Grant in Dehradun

Inter state Bus terminal - Dehradun

Using Taxi :

From any of the stop as per request, we can arrange a pick and drop from Dehradun/Haridwar to basecamp. Cost will be shared by the travellers on equal basis. The fare is approximately 9000 rs. for sumo/bolero/max one way which can accommodate upto 8 people. While a Tempo traveler is a better choice for upto 14 people at cost of approximately 13000 rs. from Dehradun and Haridwar. It is not the part of trek fee and to be paid directly to the taxi operator. We can also forward you the contacts of cab service providers to negotiate yourself.

Note : There may be surge in above mentioned prices at the time of Char Dham Yatra season.

Using public transport :

From the bus station near parade ground in Dehradun, you can take Uttarakhand transport buses to Joshimath. Roughly 296kms journey will take 9-10 hrs. Buses are available as early at 6:00 AM. It is low on pocket at 600 rs. per person. From Joshimath, for the remaining 20kms till Govindghat, you can get a taxi or local transport bus.

How to reach Dehradun :

For the treks in Uttarkashi, Rudraprayag and Chamoli district, Dehradun/ Haridwar is closest city for road, rail and air connectivity. It includes Kedarknatha, Har ki Dun, Dayara Bugyal, Dodital, Tapovan, Kedartal, Panwali Kantha, Tungnath and Valley of Flowers trek. Public transport and taxis are easily available from here.

Dehradun is connected to all other cities of the country through these modes :

Train from	Train name	Train no.
Delhi	Dli Ddn Special	04053
Madurai Jn	Dehradun Express	12687
Allahabad Jn	Ald Ddn Link Express	14113
Amritsar Jn	Asr Ddn Express	14632
New Delhi	Nanda Devi Express	12205
New Delhi	Ddn Jan Shatabdi	12055
Bandra Terminus	Dehradun Express	19019
Kathgodam	Kgm Ddn Express	14119
Howrah Jn	Doon Express	13009
Indore Jn	Ind Ddn Express	14317

ISBT Dehradun is connected to Delhi and other cities. You can find bus scheduled throughout the day or visit www.utconline.com to book tickets.

GET EQUIPPED :

Quick guide to understand the basics of trek essentials to make your trekking in the himalayas less worrisome and more pleasant. All the necessary items are quoted below to pack into your rucksack/backpack, yet keeping it light. Try to limit the quantity on the basis of duration of the trek, season and weight carrying capacity. Every gram matters on the ascent. Try to arrange the priorities without compromising the safety and necessity. A medium trek is 4/5 days and long duration trek is 6 to 8days. All the products should be light weight in this regard. Even if you feel the incapacity to carry your rucksack, you can also offload by paying quoted price.

Trek essentials involves :

TREKKING GEAR Sport Sunglasses Head Lamp Waterproof Rucksack (45 litres or more) Trekking Pole Thermal Water Bottle Gaiters - 1 pair, if required Water resistant and high ankle Trekking Shoes	HIGH ALTITUDE CLOTHING Sun Cap/Hat Wollen Cap Neck Gaiters Poncho Wind Cheater T shirts (Full Sleeves) Fleece T shirt Fleece Jacket Down Feather Jacket Thermal Inner (Upper and Lower both) Waterproof Gloves Wollen Gloves Trek Pant with Fleece Cotton Socks Wollen Socks Floaters
TOILETRIES Sunscreen Hand Sanitizer Moisturizer Quick Dry Towel Anti Bacterial Powder Tooth Brush Tooth Paste Lip Balm	PERSONAL MEDICAL KIT Crepe Bandage Pain relief Spray Knee Cap Anti fungal powder ORS – 6-8 Packets Gauze – 1 Roll (Small) Cotton – 1 Roll (Small)

Our Other sites :

garhgorkhatrekkers.com

dayarabugyaltrek.com

roopkundlaketrek.com

www.garhgorkha.com

