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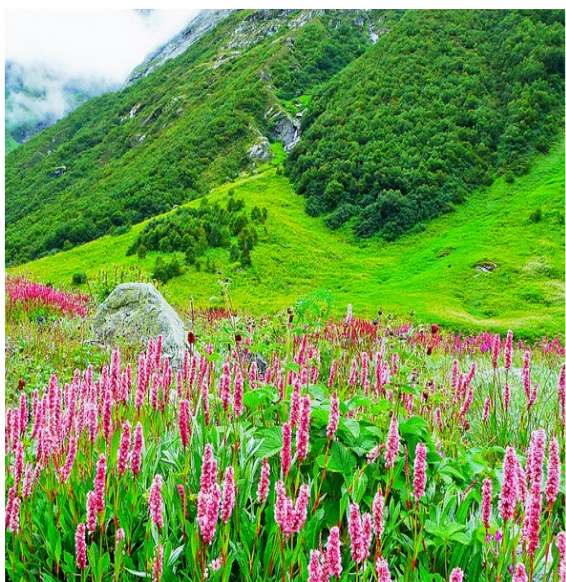
Himalayan Trek to **VALLEY OF FLOWERS**



BATCH

MUMBAI - MUMBAI	RISHIKESH TO RISHIKESH
4th - 13th July	6th - 11th July
25th July - 3rd Aug	27th July - 1st Aug
8th - 17th Aug	10th - 15th Aug

VOF PHOTO DIARY



DETAILED ITINERARY

DAY 1 MUMBAI/PUNE - HARIDWAR

The Beautiful journey to Uttarakhand will Commence from Mumbai, Assemble at LTT railway Station & Proceed to Haridwar and Meet our Co-ordinates. Departure by AC Train.

Train no. 19019

Pune people will travel by Shivshahi bus to Borivali & then Board the train from Borivali.

DAY 2 ARRIVAL IN HARIDWAR

Arrival in Haridwar by 8am and drive to Rishikesh. Check in at Hotel. In afternoon you can do river rafting & in evening we head to witness the beautiful Ganga Aarti. (Dinner Included)

DAY 3 HARIDWAR - JOSHIMATH/GOVINDGHAT

- Brace yourself as you move from cityscapes to Beautiful Landscapes of Mountains and open fields. Leave early morning for GovindGhat.
- Drive through one of the most adventurous Himalayan roads in India to reach Govindghat in the evening. Stay at guest house in Govindghat overnight (B + D)

DAY 4 GOVINDGHAT- GHANGARIA [13KM TREK]

- A steady stream of sikh pilgrims along the way to Ghangaria provides great enthusiasm and confidence to do this trek. After crossing a bridge over Alaknanda river, ascent on the concrete path for 3-4km to reach village Pulna.
- Continue on a trail dominated by oak forest, rhododendrons, silver fir and spruce. Cross the bridge over Laxman Ganga. The final 3km to the meadows of Ghangaria is a steep climb. Reach Ghangaria by evening. Stay overnight at Ghangaria in a Guesthouse. (B + L + D)

DAY 5 GHANGARIA- VALLEY OF FLOWERS & BACK [12KMS]

- Today is an easy day with an easy 12km walk through the entire valley. We start our trek early in the morning so one can spend quality time in the valley. The valley carpeted with wildflowers and enclosed by high mountains never fails to impress.
- From Ghangaria, cross the bridge over Hem Ganga and start climbing towards Bhyundar Valley. The Bhyunder Valley is a glacial valley about 10km long and 2km wide characterised by alpine glages, silver birch trees and rhododendrons, and is enclosed by Nar Parbat (5855mt), Nilgiri Parbat (6474mt), Rataban (6166mt) and Ghari Parbat (6708mt). The trail leads to meadows of wildflowers. The valley is a treat for photographers. Spend few hours in the valley and return to Ghangaria via same route. (B + L + D)



DAY 6 GHANGARIA- HEMKUND SAHEB AND BACK.

- Start the trek early in the morning and cross the bridge over Laxman Ganga. The trail ascends steeply before we reach beautiful meadows. The views back down to Ghangaria and across to the peaks above the entrance to Bhyunder Valley provides motivation to progress towards the lake. On arrival at Hem Kund (4330mt), most pilgrims wash themselves in the icy waters of the lake before visiting the gurudwara.
- Spend good amount of time near the lake and descend back towards Ghangaria via same route. (B + L + D)

DAY 7 GHANGARIA- GOVINDGHAT [13KM TREK]

We start our way back to Govindghat early in the morning. Reach Govindghat by 11am. One may opt to travel to Badrinath if roads are open and conditions are safe (INR Approx 1000/ pp for Travel)

Stay at Govindghat and leave for Haridwar next morning. (B + L + D)

DAY 8 **GOVINDGHAT - HARIDWAR**

- Drive from Govindghat to Haridwar & by evening check in to our Hotel. Evening to explore the market & Food Stalls. Overnight Stay in Hotel for Mumbai package. (B + D)

DAY 9 **HARIDWAR - MUMBAI**

- Happiness isn't something you experience its something you remember. Proceed Back to Haridwar after Lunch, Board Haridwar AC train to Mumbai. (Breakfast Included)


DAY 10 **MUMBAI/PUNE**


Its time to have an end to the Journey but it is the journey that matters in the end. Arrive Mumbai with Sweet memories and its time for farewell.


Pune people will board Shivshahi bus from borivali to pune.





INCLUSIONS


 4 night Guteshouse/Tent accomodations on 3 - 4 Sharing.

 Private Transport to the Base Camp to & Fro

 Pure Veg/Jain Food. Breakfast, Lunch & Dinner from Day 4 to Day 7


 All entry fees & permits for the Trek.

 First aid kit & medical assistance.

 Mountaineering qualified & professional Leader, guide and Support staff who is going to be cherry on top to make sure you have amazing experiences with fun games & best service.

 Trek equipments (Sleeping bag, mattress, Kitchen & dinning tent, utensils, tent)

(ADDITIONAL INCLUSIONS FOR MUMBAI PACKAGE)

 AC train travel to & fro Mumbai - Haridwar

1 Night Hotel Stay in Haridwar on 3 - 4 sharing with Breakfast & Dinner

1 Night Hotel Stay in Rishikesh on 3 - 4 sharing with Breakfast & Dinner

Visit to Ganga aarti & Laxman Jhula in Rishikesh

Upto 1000/- Cap amount for Mumbai - Pune to & fro Train/Bus/Cab
(Only for Pune Backage)

EXCLUSIONS



- Any kind of personal Expenses.
- Insurance.
- Meals during the Train & Road Journey
- Additional costs due to road blocks or due to any unforeseen or unavoidable circumstances.
- Any thing not mentioned in the Inclusion.
- River Rafting cost Excluded (600 - 800/- pp)

TOUR COST

10999/- Rishikesh to Rishikesh
19999/- Mumbai to Mumbai
20999/- Pune to Pune

ARRIVAL & DEPARTURE TIME FOR RISHIKESH PACKAGE

Pickup - 7am, on Day 3

Drop - 7pm, on Day 8

Exact Location will be shared on Whatsapp group 7 days Prior.

You can freely contact us to get the best deals on flights !

NOTE

1. Train ticket bookings start 2 months before the departure dates, so there are chances the tickets will be RAC/ Waiting.
2. Cancellation of the trip or of any location due to reasons out of our control like natural calamities/delay or man made incidents like strikes and change in state rules won't be our responsibility. Any additional places to be covered in replacement of that will be on extra expense to be beared by participants. No compensation/ Refunds shall be entertained.
3. Mobile connectivity is limited in the area.
4. Important Travel Information for Rishikesh–Rishikesh Package
Participants booking the Rishikesh to Rishikesh package are responsible for arranging their own travel to and from Rishikesh. Please note: We recommend keeping a buffer day at the end of your trip, as weather conditions, roadblocks, or other natural factors may cause unforeseen delays. we will not be responsible for any factors.

Booking Process & Payment

HOW TO BOOK ?

Step 1	Pay the Registration Amount 8000/- pp from our Website https://www.trekkersunited.com/trip/valley-of-flowers-hemkund-sahib
Step 2	Fill out the Details form while booking.
Step 3	Invoice will be auto downloaded in your device after payment.

1) WhatsApp group will be created one week before the trip to facilitate further communication. If you have any questions or need assistance, please feel free to send a message on WhatsApp. We kindly ask that you reserve phone calls for urgent matters only. Thank you for your understanding.

CONTACT US



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THINGS TO CARRY



- Bags : (1 Trolley Bag, 1 RuckSack and 1 Day Small Pack for the summit day - Unwanted things will be dumped at the Campsite with trolley bag and Trekking essentials have to be carried in RuckSack and for final day just a small day pack is to be carried with a water bottle and lunch as you will be returning down to camp the same day. So 3 bags)
- Trekking Shoes with good grips not compulsory Water Proof
- Slippers/Sandals
- Torch with extra Batteries
- Goggle (Black or anti snow)
- 3 T shirts and 3 Trekking Pants (not more than that)
- Cap, Towel, Napkil, Toiletries, Toilet paper roll
- 1 Thermal Jacket or Woolens and Thermal Inners
- Monkey Cap
- Raincoat or Poncho
- 4 Pair of Socks (Atleast 2 Woolen socks)
- Hand gloves (Thermal, Snow(leather)
- Mycoderm Powder, Personal Medicines, Band-aids, Vomitting pill, Electrol Packets, Lip Balm, Sun Protection Cream, Cap
- Water Bottles (2 ltrs)
- Lock and Chain, Extra Shoe Lace, Nylon Cord
- 1 Fevikwik Packet
- Camera, Valuable Ornaments (Carry at your Personal Risk)
- Dryfruits, Biscuits, Chocolates, Dry Food (compulsory)
- Cold cream, Sanitizer, Toiletries(Including toilet papers)
- ID Card Original +Xerox(Aadhar Card, licence)

CONTACT US



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Q1. What is the fitness level required for the VOF Trek and how hard is the trek?

A. This trek moderate and meant for everyone, right from fit/ adventurous to Beginners.

Q2. I am a above 50 years old & Can i do this Trek?

A. Yes definitely you can, If you are a regular Trekkers no need to worry. If not you will have to follow our fitness criteria & schedule so that you can complete the Trek.

Q3. I am a solo female wanting to Join, is it safe?

Yes on average we have 30 - 40% Female Travelers/Trekkers onboard & you will have an amazing experience.

Q4. When to Book this Trek?

A. If you are planning to join us from Mumbai/Pune, Book it well in advance because usually Train Tickets are not available

Q5 What is the Maximum Altitude of VOF Trek ?

A. 14200 ft

Q6. What will be the daytime and night temperature?

A. During day time the temperature will be around 15° and during night it will fall down to 5°

Q7. Are trekking shoes mandatory?

A. Trekking shoes are not mandatory but, it will make the trek comfortable. Take a shoe with a good grip and high ankle support. It would be better if the shoes are waterproof.

Q8. What is the size of trekking group?

A. 10 - 15 People on average

FAQ

Q9. Are accommodation for men and women separate?

A. Yes, men and women will not be sharing tents, unless they are in personal group.

Q10. What kind of food you provide during the trek?

A. We provide food for 3 times in a day i.e. Breakfast, Pack lunch, evening Tea and dinner.

Q11. How are the washroom facility in Trek.

During the Trek, Washroom Tents are available with dry pits which means no water & you have to use tissue papers.

TRAINING GUIDE FOR TREK

You dont need to worry too much. Basic Training 3 weeks prior to the trek will be sufficent to prepare.

Week 1: Start with 10 minute of jog eventually turning into 10 minutes of easy walk

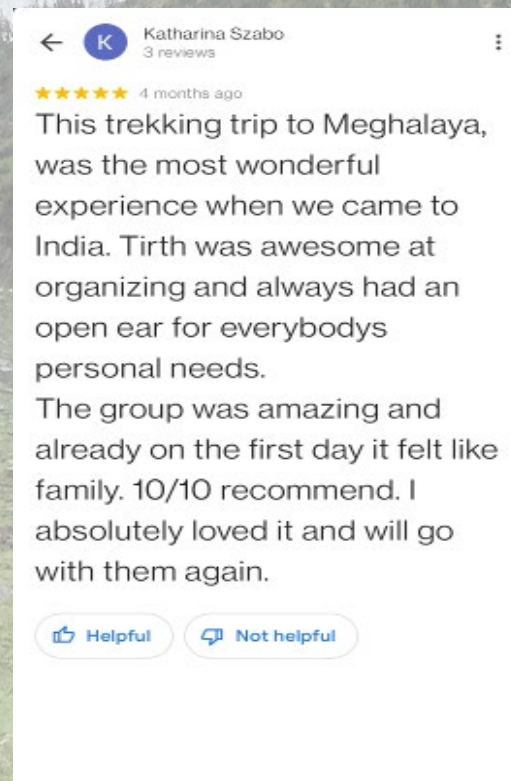
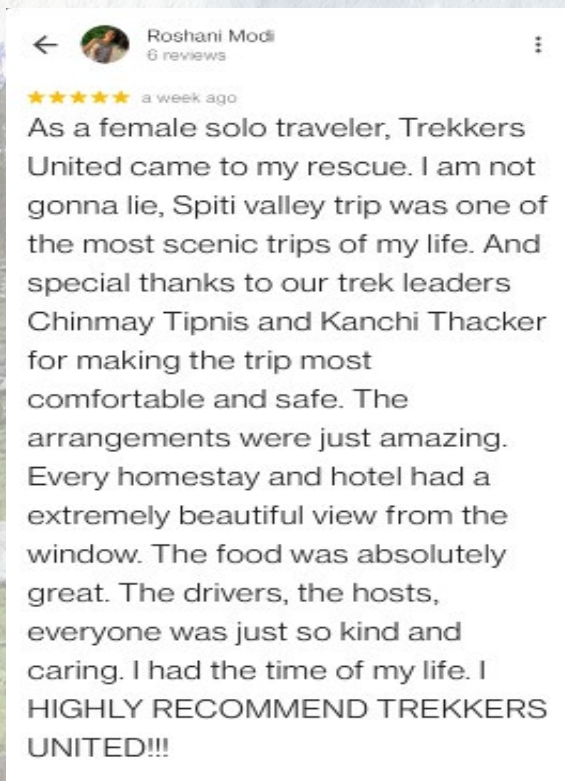
Week 2: 15 minutes of jog & 10 minutes of Stairs up & down


Week 3: Run for 2kms - 3kms & 15 minutes of Stairs up & down

WHY TREKKERS UNITED ?

1. We believe in sustainable travel practices.
2. We have environment friendly attitude towards any place and follow leave no trace policy.
3. We have strict and non negotiable regulations against misbehaviour from any participants or an outside person.
4. Our plans are articulated considering the health of participants, especially when at an altitude. We provide only veg meals.
5. Testimonials have been a proof that solo travellers and women feel the safest on our trips.

Reviews from our amazing past participants !



Click on the Icon to read more about people's Experience ! 

Trekking United photo gallery



Spiti Valley



Bhriugu Lake



Gokarna



Meghalaya



Deo Tibba Base



Kedarkantha

CANCELLATION POLICY

- Before 45 Days** - 50% Refund on the Registration amount.
- 45 - 30 Days** - No Refund on Registration
- 30 - 20 Days** - 25% Refund on Full Amount
- 20 - 10 Days** - 10% Refund on Full Amount
- After 10 Days** - No Refund



NOTE

1. Cancellation charge is applied on total trip cost, not on any partial or token amounts. E.g. if you paid 10,000 for a 25000 trip, 2 months in advance and decide to cancel a trip less than 30 days before trip start date, the cancellation charge will be applied on 25000, not 10,000.
2. Full Payment of the trip cost must be completed 30 before the trip begins. Pending Payments may eventually lead to the cancellation of the trip.
3. None of the amount is transferrable to any other trip or treks & no credit notes will be given.
4. If the Trip is cancelled from our end (Organizational reasons), Minimal 7% amount will be deducted & for the remaining amount a Credit Note will be Provided to use on any other Treks & Trips (Cash refund wont be provided)
5. Cancellation due to reasons not in or control like natural calamity, man made incidents, War like situations etc or any other reason, 40% of total amount will be deducted & for the remaining amount a Credit Note will be Provided to use on any other Treks & Trips (Cash refund wont be provided)
6. If your entire group is compelled to terminate the trek/event after starting the trip for reasons such as sudden bad weather, trail interruptions, government restrictions, or unforeseen circumstances. Please note that no voucher/refund will be provided in this scenario.
7. In Case of Trip Extension due to Weather or any unforeseen conditions, Individual will have to pay 2500/- Cash Per Day to the Trip Leader on Spot.
8. Itinerary/Entire location for Trip/Trek/Event is subject to change due to Weather Condition or any other reasons & it is Trekkers United's Decision and not liable for any prior notice to participants. We value everyone's safety over the Trip. No refund,Credit or transfer to other trip option shall be provided in such situation.
9. Cancellation of the trip or of any location due to reasons out of our control like natural calamities or man made incidents like strikes and change in state rules won't be our

- responsibility. The participants will be liable to bear cost on any such incidents.
10. The company vehicle will only be responsible for travel from stay to the locations and back to our stays. Any travel beyond that will be chargeable if we are managing it for you all.
 11. Sightseeing of all the places depends on various factors like weather, train delay, vehicle breakdown, punctuality of everyone, peak season rush & we or any of our team member will not be responsible.
 12. If Train tickets are in RAC/Waiting, there will be extra charge of 600 - 800/- per person & 90% guarantee of the confirmed Tatkal Tickets.
 13. Mode of Transport like Train/Bus Etc can be changed depending upon the availability with change in time & boarding/dropping point depending on the availability without any prior notice to Participants.
 14. The photos/videos content created on Trekkers United's trip (by our leaders) is the property of Trekkers United and can only be used by us for advertising across media platforms. None of the digital content can be used by anyone for advertising/commercial use without obtaining the rightful permissions by Trekkers United.
 15. The IDs shall all be verified before boarding. No boarding shall be entertained without a valid Govt. ID.
 16. Travelers must take care of their luggage & belongings. The management shall not be responsible for any damage or any missing items along the tour.
 17. Our time of departure is fixed and the travelers must depart by the stated time & keep their status updated with the trip coordinator(s). Anyone missing the transport shall not be eligible for any refunds.
 18. In case of injury/illness occurring to a participant during the tour, external evacuation/transport services may need to be engaged safeguarding the health of the participant. In such a case any additional cost arising from making such arrangements will have to be borne by the concerned participant/participant's family.
 19. Only one offer or credit can be used at a time; multiple offers or credits cannot be combined simultaneously.
 20. Trekkers United can send back any Participants who is caught doing mischiefs, misbehaving with other members OR if you're found doing illegal activity or breaking rules of the trek/trip and no refund or credit will be provided.
 21. In any other Scenarios other than the above mentioned, Trekkers United has the sole right to alter/Change/Make Decisions. We Value Everyone's Safety over other things.
 22. Some participants anticipate receiving a voucher/refund if they descend from a trek for any reason. However, we do not provide vouchers in such cases. This situation arises if your trek leader decides to send you back due to reasons such as insufficient fitness, any other health issues, or injuries. It also applies if you are caught drinking, smoking, or violating trek rules, or if you voluntarily decide to quit the trek for personal reasons.

CLICK ON BELOW ICONS TO KNOW MORE ABOUT US

