

# VALLEY OF FLOWERS



The Valley of Flowers is reputed to be an enchanting sight, a land ablaze with a bewildering variety of flowers fluttering in the gentle intermittent breeze which wafts their fragrance abroad. Set amidst majestic snow clad mountains the valley is spread over an area of 87.5 sq. kms., at an altitude of is 3250 m to 6750 m above mean sea level. The bloom starts immediately after the melting of snow but the peak blooming period is from mid July to mid August. Almost 300 species of wild flowers bloom here unhindered by mankind.

The Valley of Flowers National Park starts from Ghangharia but the main valley starts after crossing the gorge and the stream starting from Nar Parvat, At the entrance of the Valley stands the snow-clad peak of Ratban Parvat, towards the left is Nar Parvat, which separates the Badrinath valley from this valley, and to the right is dense Birch forest on the hillsides.

Below the forest are meadows and the River Pushpavati flows through the valley and there are many waterfalls enhancing the beauty of the valley. The bloom starts immediately after the melting of snow but the peak blooming period is from mid July to mid August. Almost 300 species of wild flowers bloom here unhindered by mankind. The prominent species are Braham Kamal, Anemone, Geranium, Marsh marigold, Prinula, Liliium, Potentilla, Ranunculus, Inula, Corydalis, Pedicularis, Arisaema, Ligularia, Morina, Impatiens, Saxifrages Bistorta, Anaphalis, Sibbaldia. The myriad shades of the valley have attracted lots of travellers through the years.

## Weather Details

The season for this trek is June to September. In the initial days of the season there will be snow on the higher reaches which generally melts by mid June. Post June 15 it could rain anytime and for any duration. In the higher mountains it normally drizzles and doesn't pour the way it does in the plains. You will have lot of mist. Day temperatures could fall down to 10 - 15 deg. There is possibility of sunny days also and in this case your day temperatures could go up to 20 - 23 deg. Evenings and nights are going to be moderately cold with temperatures around 6 – 14 degree.

Please keep in mind that the above information is not exact and does not account for sudden changes. Whatever the temperatures and conditions rest assured we will be prepared to handle it with ease as we use equipment of very high specifications.

## **List Of Essentials**

Mountain/adventure travel requires one to be adequately equipped with the right kind of personal gear. Since one is travelling in the wilderness there will be hardly any opportunity to buy anything once you hit the trail so we urge you to carefully pack everything into your bags.

1. Shirts / T-shirts – 2/3
2. Jeans / Trekking Pants - 2
3. Windproof jacket of decent quality (no flimsy wind cheaters please!) preferably with a hood
4. Warm and thick Fleece / Full-sleeve Woollen sweater
5. Thermal inner wear (upper & lower)
6. Woollen cap
7. Woollen gloves
8. Woollen socks & regular socks (3 – 4 pairs)
9. Scarf/muffler (optional)
10. Comfortable Trekking/Hiking shoes (shoes with a thick sole are recommended)
11. Light weight floaters/sandals/chappals
12. Raincoat / Poncho
13. Small light weight towel
14. Water bottle (sturdy ones, no empty Bisleri bottles!!)
15. Cap / Hat to keep the strong sun away from your face
16. Sun glasses
17. Walking stick / Trekking pole
18. Sunscreen Lotion
19. Lip Balm
20. Torch / Flashlight (with extra batteries)
21. Medicines, if requiring any specific medication
22. Personal toiletries
23. Book, if you like reading
24. Day pack/small bag which you will carry on your back every day and keep your essentials in it
25. Camera if you like (with fully charged batteries)
26. **LOADS OF ENTHUSIASM!! AND A PLEDGE TO LEAVE NO TRACE**

Carry your stuff in a duffel bag, soft shoulder bag or a rucksack. Avoid suitcases, trolleys or any other hard luggage. As you will be walking long distances carrying a rucksack, avoid bringing unnecessary items on the trek. Please avoid carrying expensive watches, jewellery and electronic items on the trek. Also remember that the bag which will be carried by the porters can have a maximum wt. Of 15 kgs so pack sensibly

## **Dates:**

<i>B.No</i>	<i>From</i>	<i>To</i>
1	14/08/15 FRI	23/08/15 SUN

Dates: indicated are including of travelling

**Charges :**

**Non AC Train Journey:**

Rs. 21,500/- per person on triple sharing basis

Rs. 24,000/- per person on twin sharing basis

**3 AC Train Journey:**

Rs. 23,300/- per person on triple sharing basis

Rs. 25,800/- per person on twin sharing basis

**Registration:** Please fill up the registration form and pay an advance of Rs. 5000/- for Non Ac Journey and Rs. 7500/- for 3 Ac Train Journey to confirm your booking. The balance payment should reach our office at least 15 days before the commencement of the journey. Reservation is done on first come first served basis.

Cheques or DD should be in favour of **OUTDOORS UNLIMITED**, payable at Vadodara only.

**Cancellation Charges\*:**

Minimum @ 10%

Between 30 & 15 days @ 25%

Between 14 & 8 days @ 50%

Last 7 Days No Refund

\* Cancellation charges will be applicable on total programme cost.

\*Please note that the booking is not transferable.

\* Please bring original receipt for claiming the refund.

## Tentative Schedule for Valley of Flowers

**Day 01:** Depart from Ahmedabad by train.

**Day 02:** Arrive Haridwar in the afternoon night stay at Haridwar.

**Day 03:** Depart early in the morning to Himalayan Eco Lodge at Auli (2450 m) - Drive/280 kms/8-9 hrs

This is a long but interesting drive. You will for most part of the journey drive along the Ganga & Alaknanda rivers. En route you will be crossing the holy towns of Rishikesh, Dev Prayag & Rudra Prayag. Evening relax at the beautiful lodge set up in an apple orchard. Overnight in H.E.L, Auli

**Day 04:** Auli Lodge(2450 m) drive to Govindghat and then trek to Ghangaria (3050m) – drive/1 hr & trek 4/5 hrs

Early morning drive for about an hour or so to reach Govindghat, our starting point for the trek. We start the trek by crossing the river Alaknanda over a bridge at Govindghat and from there walking towards the Bhyundar valley through forest area and a few villages. There are numerous waterfalls and absolutely lush green landscape all around. The gradient of the trail is moderate. The 14 kms trek to reach Ghangaria takes about 4-5 hrs, one can also hire a mule or use the helicopter service to reach Ghangaria. Overnight in GIO's Camp Valley of Flowers, Ghangaria.

**Day 05:** Choose from one of the options

Option 1: Ghangaria (3050 m) to VOF (3600 m) & back to Ghangaria (3050 m) - trek 4/5 hrs. THIS OPTION IS FOR PEOPLE WANTING TO HAVE A LEISURELY TREK TO VOF

It's a delightful and short ascent to the valley. Gradient is moderate and the landscape extremely soothing to the eye. It will take about a couple of hours to reach the valley. The beauty of this world renowned valley totally lives up to its reputation. There are unending meadows laden with varieties of alpine flowers, network of streams and big mountains all around. At the entrance of the Valley stands the snow-clad peak of Ratban Parvat, towards the left is Nar Parvat, which separates the Badrinath valley from this valley, and to the right is dense Birch forest on the hillsides. We will spend 3-4 hrs exploring different corners & vantage points of the valley and towards late afternoon head back to the camp at Ghangaria.

Option 2: Ghangaria (3050 m) to VOF & Tiprakhal (4050m) & back to Ghangaria (3050 m) - trek 8/9 hrs. THIS OPTION IS FOR THE GREEDY MOUNTAIN LOVERS FOR WHOM NOTHING IS ENOUGH AND WHO ALWAYS WAN'T MORE

In this option once we reach valley and spend some time there we will continue with our explorations and climb beyond Tipra Kharak, a beautiful vantage point ahead of the normal visiting area. Tipra Kharak forms the Gateway to the fabled Bhyundar Valley and the Rataban Glacier, from Where Frank Smythe walked into and discovered the Enchanting Valley of Flowers. Relive those moments as you walk every step. Towards late afternoon head back to Ghangaria and once at the camp rejoice your adventures of the day with a hot cup of tea. Overnight at the camp

**Day 06:** Again choose from one of the options

Option 1: Ghangaria (3050 m) to Hemkund Sahib (4329 m) & back to Ghangaria (3050 m) - trek 6/7 hrs. Today's climb to Hemkund Sahib is steep at places and will take about 3 - 4 hrs. Hemkund Sahib is a popular Sikh Shrine built next to the beautiful lake. The lake is surrounded by wild flowers with Brahmkamal being the most popular. Pilgrims take a dip in the freezing cold waters of the lake, not an easy task. The hot tea served in the Gurudwara (shrine) is divine to say the least. We will also visit the Laxman mandir next to the Gurudwara. Towards afternoon head back to Ghangaria. Overnight in the camp at Ghangaria

Option 2: Do another round of VOF & return to Ghangaria – trek/3 hrs  
You can do a leisurely hike today and spend more time taking pictures and documenting the flower species

Option 3: Ghangaria to Govindghat – trek 3 / 4 hrs & drive to Auli / 1 hr  
You can decide to go back to Auli a day earlier and spend one full day (day 5) exploring the area. Around our lodge there are beautiful hikes of 1 – 5 hrs and you could take your pick. Also if in a mood to relax then just laze around in the lodge

**Day 07:** Ghangaria - Govindghat - trek 3/4hrs & drive to Auli via Badrinath / 3 hrs

Today we trek back to Govindghat and from there drive for about an hour to reach the beautiful temple town of Badrinath. Situated on the banks of holy Alaknanda and with the backdrop of Neelkanth peak, an ancient temple with hot sulphur water pools and crisp and clean air, Badrinath is a wonderful destination to visit. For the spiritually inclined, there can be no better place. Later in the evening we return to Himalayan Eco Lodge, Auli where a hot shower followed by a sumptuous meal awaits us. Overnight in H.E.L, Auli.

**Day 08:** Auli – Haridwar drive/280 kms 8/9 hrs. After breakfast drive down to Haridwar. Night stay at Haridwar.

**Day 09:** Depart for Ahmedabad by train in the afternoon.

**Day 10:** Arrive Ahmedabad in the evening.

## TERMS & CONDITIONS

### Cost Includes

- All road transfers from and back to Haridwar in good quality vehicles (Tempo traveller, Innova, Xylo) & Scorpio incase of Fixed Departures.
- Accommodation in deluxe rooms in The Himalayan Eco Lodge in Auli and in Superior tents with attached washrooms with W/C at Ghangaria
- All vegetarian meals beginning with dinner on Day 01 to breakfast on Day 06.
- Professional guide (trained from Nehru Institute of Mountaineering, Uttarkashi or equivalent)
- Services of a naturalist during the Valley experience
- Park entry fee
- Forest camping charges
- All applicable Taxes

### Cost Does Not Includes

- Travel between Ahmedabad and Haridwar.
- Any meals/services not mentioned above
- Any charges for video cameras, still cameras, etc.
- Alcohol, soft drinks, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Insurance

**Disclaimer** While all care will be taken for the safety of the participants, **OUTDOORS UNLIMITED**, or any individual connected to it would not be held responsible for any accident or any unforeseen incident. Participants will have to look after their luggage throughout the journey as well as during the camp/tour. Doctor's certificate would be required if the participant is undergoing any medical treatment, is over-weight or above 60 years.

**OUTDOORS UNLIMITED** reserves the unconditional right to refuse a booking/terminate a participant during the camp/eco-tour in event of unreasonable behaviour at any time.