



# Valley Of Flowers



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Trekporter.com



# VALLEY OF FLOWERS

Welcome to the Valley of Flowers Trek

Get ready to explore one of the most enchanting and picturesque trekking destinations in India – the Valley of Flowers, nestled in the heart of Uttarakhand's Garhwal Himalayas.

A UNESCO World Heritage Site since 2005, this magical valley is famed for its lush alpine meadows, vibrant flowers in full bloom, and breathtaking landscapes that stretch as far as the eye can see.



## Highlights



14,107 FT



MEETING POINT: DEHRADUN, DELHI

DESTINATION: VALLEY OF FLOWERS



DURATION : 4 Days / 5 Nights



HOME STAY



DIFFICULTY LEVEL: MODERATE



MINIMUM AGE: 10 YEARS

# PLAN IN A NUTSHELL



**Private Vehicle**  
Traveller / Ertiga / Dzire



**Homestay**  
Triple / Quad Sharing  
Basis



**Dinner**

## Day 1: Dehradun to Govindghat

Drive Distance: 280 Km

Duration: 8-9 Hours

Altitude: 6,300 ft

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## Day 2: Govindghat to Ghangaria

Drive Distance: 4 Km

Drive Time: 25 Km

Trek Distance: 10 Km

Duration: 6 hours

Altitude: 9,600 ft



**Trekking**



**Homestay**  
Triple / Quad Sharing  
Basis



**(Breakfast ,  
Packed Lunch  
and Dinner)**

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## Day 3: Ghangaria to Valley Of Flowers and Back to Ghangaria

Trek Distance: 8 Km

Duration: 6 hours

Altitude: 9,600 ft to 11,500 ft



**Trekking**



**Homestay**  
Triple / Quad Sharing  
Basis



**(Breakfast ,  
Packed Lunch  
and Dinner)**

## Day 4: Ghangaria to Govindghat

Drive Distance: 4 Km

Drive Time: 25 Km

Trek Distance: 10 Km

Duration: 6 hours

Altitude: 9,600 ft



**Trekking**



**Homestay  
Triple / Quad Sharing  
Basis**



**(Breakfast,  
Packed Lunch  
and Dinner)**

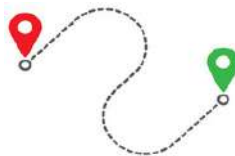
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## Day 5: Govindghat to Dehradun

Drive Distance: 280 Km

Duration: 8-9 hours

Altitude: 2,099 ft



**Private Vehicle  
Traveller / Ertiga / Dzire**



**Breakfast**



**Best Price**

4 Nights / 5 Days

Dehradun to Dehradun

**9,500/- PP**

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Delhi to Delhi

**11,500/- PP**



**8859760929**



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# SERVICES

We are focused on customer service and satisfaction. Our motive is to provide the best services to our clients with keeping them under the safe environment and working towards sustainable trekking

Let's Trek Together!



STAY



FOOD



EQUIPMENTS



TRAVEL



CERTIFIED GUIDE



MEDICAL



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# PICK UP POINTS

Dehradun Railway Station

[Location](#)



## Things To Carry On Trekking

- Instant food like cookies and cakes
- Necessary toiletries like hand sanitizers, towels, napkins, etc
- Extra plastic bags
- Sunscreen and lip balms
- Medical kit, including any prescribed medicines
- Power Bank



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# Things To Carry On Trekking



Waterproof Hat



Cat 3 Sunglasses



Fleece Glove



Bandana



Beanie Cap



Waterproof Glove



# Things To Carry On Trekking

Layer 1



Fleece Inner  
Upper

Layer 2



Fleece Upper

Layer 3



-5 °  
Down Jacket



Fleece Inr  
Lower



Anti-UV Long-sleeve



waterproof Poncho



Warm Water  
Repellent Pants

# Things To Carry On Trekking



Warm Socks



Waterproof Shoes



Trekking Pole



50+10 Liters Backpack  
With Waterproof cover



Head Lamp



Thermal Water Bottle







**Waterproof Jacket**

Rs. 500 (5D/4N)



**Head Lamp**

Rs. 200 (5D/4N)



**Trekking Pole**

Rs. 400 (5D/4N)



**Water  
Repellent Pants**

Rs. 300 to 500 (5D/4N)  
According To Quality



**Waterproof Glove**

Rs. 200 (5D/4N)



**Waterproof Shoes**

Rs. 300 to 500 (5D/4N)  
According To Quality

# INCLUSIONS AND EXCLUSIONS

## Inclusions:

1. Accommodation – On the trek, you will live in tents/guesthouses on a sharing basis.
2. Meals – Breakfast, lunch, snack, and dinner. We provide simple, nutritious vegetarian food for all days of the trek
3. Camping Fees – All trekking permits and forest camping fees are included in the price.
4. Trekking equipment – Quality tents and sleeping bags in all camps. Sleeping bags withstand temperatures down to -10 °C.
5. Safety equipment – First aid kit, Oximeter, Crampons, Gaiters and Evacuation teams
6. Expert Trek Leaders – All our trek leaders have at least basic/advanced mountaineering qualifications and first aid courses.
7. Expert Trek Support Team – The mountain staff on this trek consists of certified guides, cooks, helpers, and porters.
8. Transfers - Transport from Dehradun to Dehradun according to package.

### Exclusion:

1. Any additional expenses such as personal nature/Medical Exigency.
2. Additional accommodation/food costs incurred due to any delayed travel.
3. Any lunch and other meals not mentioned in Package Inclusions.
4. Any Airfare/Rail fare other than what is mentioned in "Inclusions" or any type of transportation from which is outside the itinerary.
5. Parking and monument entry fees during sightseeing.
6. Additional Costs due to Flight Cancellations, Landslides, Roadblocks, and other natural calamities or Delays.
7. There are possibilities of roadblocks due to landslides. Account for this by adding a buffer day in your travel plan.
8. Any other services not specified above in inclusions.



## ADDITIONAL INFORMATION

- In case you take a detour or halt en route for a night due to a landslide, the additional travel, food and stay cost will have to be borne by the guests.
- The stay in lodges/Hotel camping in tents.
- Porter/Mule charges (Baggage shouldn't exceed 15 kgs)
- Climatic conditions in the high altitudes vary from the plains; take adequate time to get acclimatized to high altitudes.
- The management reserves all the right to modify the trek during any emergencies or natural calamities.
- Consult a physician before undertaking the trek.
- Carry basic medications and a first-aid kit during the trek.
- It is recommended to carry enough warm clothes and the right kind of gears for the trek.
- Pay heed to the trek guides and instructors in order to enjoy a safe and sound trek.
- Water is very precious, so conservation is appreciated.
- Avoid using earphones during the trek; this might hinder your audibility.
- Once trek tour will start with us and if anyone don't do trek further then money will not be refunded.
- If anyone will lose their belongings then that will no be our responsibility, we'll be providing lockroom for the extra luggage.

- Guidelines issued by the State-Government are to be followed.
- Social distancing to be maintained.
- Frequent hand sanitization and use of mask is recommended.
- The Stay is very basic in nature. One must not expect luxuries.
- Electricity may be available only at a few locations.
- Mobile & laptop charging points may/may not be available onsite at a common point.
- Carry dry snacks/food from home (you will save a lot of money).
- Carry water bottles with you, so that you can refill.

