



SPARK ADVENTURES

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Trek to Valley of Flowers, Hemkund Sahib, Badrinath, Vasudhara Falls – 13th to 22nd Aug 2011



Valley of Flowers

Nestled high in the west Himalaya, India's valley of flowers National Park is renowned for its meadows of endemic alpine flowers and outstanding natural beauty. This richly diverse area is also home to rare and endangered animals, including the Asiatic Black bear, snow leopard, brown bear and blue sheep. The gentle landscape of the valley of flower national park complements the rugged mountain wilderness Nanda Devi National park, inscribed on the world heritage list in 1988. Together they encompass a unique transition zone between the mountain ranges of Zanskar and great Himalaya, praised by mountaineers and botanist for over a century and in Hindu Mythology for much longer.

The "Valley of Flowers" or "phoolon ki ghati" as it's known in Hindi is a sight to behold. Situated in Bhyunder Valley, trekkers can see more than 300 varieties of wild plants, herbs and flowers. The

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Valley of Flowers is a beautiful alpine meadow located at an altitude 12,000 Ft, watered generously by the Pushpavati, a tributary of the Alaknanda river.

Tentative Schedule

Day	Details
Day 1	Delhi to Haridwar (214 Kms / 5 Hrs) - By Train/bus
Day 2	Haridwar to Joshimath
Day 3	Joshimath – Govind Ghat – Gangaria – (Upto Govind Ghat by Bus & Govind Ghat to Gangaria 14 Kms - Trekking
Day 4	Gangaria – Valley of Flowers – Gangaria
Day 5	Gangaria – Hemkund Sahib – Gangaria
Day 6	Gangaria – Govindghat - Badrinath
Day 7	Badrinath – Mana Village – Vasudhara Falls – Badrinath
Day 8	Badrnath - Rishikesh
Day 9	Rishikesh – Sight Seeing – Departure to New Delhi
Day 10	Arrive in New Delhi & Proceed to final destination

Detailed Schedule

13th Aug – Saturday - Departure from New Delhi to Haridwar by Train / Bus

14th Aug – Sunday - Haridwar – Joshimath by bus (320 kms/9-10hrs / Height-6150 Ft)
After Breakfast drive to Joshimath and reach by late evening.

Overnight Stay at Joshimath

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15th Aug – Monday Joshimath – Govind Ghat – Gangaria (13Kms trek / H-10,000 Ft)

After Breakfast, drive to Govind Ghat by bus 22 Kms. Start trekking from Govind Ghat to Ghangaria (13 kms)- Packed Lunch enroute & reach Ghangaria by evening. After Crossing River at Govindghat, an ascending bridle path along Bhyundar Ganga Leads to Ghangaria.

The trek towards the Valley begins at Govind Ghat, after crossing the Alaknanda River on a hanging bridge. The zigzag mule track straightens through an ascending valley of terraced fields and vegetation. In the midst, Laxman Ganga tumbles down in a haste to join the Alaknanda. 3 kms further is the small, pretty hamlet, Pulna.

Beyond this, the swifter, and between the green, Rocky Mountains, you can catch a glimpse of snow - clad peaks. The 7 Kms. trail from Pulna to Bhyundar village is full of nature's scenic splendours including cascading waterfalls and cold water springs. Shrubs and wild roses grow abundantly and Rhododendrons colour the area with pink and dark red. Small wayside tea stalls run all across the route and young and enthusiastic tourist guides can be engaged at Bhyundar village. After resting awhile here, the trek on the right bank of the Laxman Ganga continues through the rich vegetation till a log bridge. From now, the trail becomes, steeper and harder and 2kms from here, you will reach Ghangaria, the base camp for treks to Valley of Flowers and Hemkund Sahib. Since camping and overnight stay is not allowed in the Valley of Flowers, Ghangaria is the logical base camp for the trek.



Overnight Stay at Gangaria

16th Aug - Tuesday - Ghangaria – Valley of Flowers – Ghangaria, (*Height from-10,100 to 12,000 Ft*)

After breakfast, trek to Valley of Flowers with packed lunch. 5 km trek to valley of flower. In afternoon Trek back to Ghangaria 5 km During season the valley is carpeted with vibrant flowers and populated with insects, birds and butterflies. Nearby, flows the river Pushpavati, while the massive Rataban peak forms a splendid backdrop. The altitude of the valley ranges from 3352 to 6500 meters. The area has been declared a National Park to maintain its delicate environment and covers an area of 87 square kms. The park is spread over 87.5 square kilometers (55 miles), It's also a UNESCO World Heritage Site. The main Valley of Flowers is a glacial corridor, around five kilometers (3.1 miles) long and two kilometers (1.2 miles) wide. It holds over 300 species of wild flowers. The valley can only be visited in the daytime and night stay is not permitted. It is host to various fauna such as snow leopard, brown bear, musk deer, bharal and thar. The Valley was introduced to the world as the Valley of Flowers by Frank S, Smith - mountaineer, explorer, botanist who camped here for several weeks in the monsoon of 1937 and did valuable exploratory work. He authored a book called "The Valley of Flowers" which unveiled the beauty and floral splendours of the valley and thus threw open the doors of this verdant jewel to nature-enthusiasts all over the world..



CLIMATE

The Valley of Flowers has a microclimate of its own primarily due to its protection from the dry, cold winter monsoon. The park remains snowbound during the months of December to April. The best time to visit the park is during July and August.

Overnight Stay at Ghangaria.



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17th Aug – Wednesday - Ghangaria – Hemkund Sahib –Ghangaria (Height- 14,200 Ft)

After breakfast, 5 km trek to Hemkund Sahib with packed lunch. In the Afternoon, trek 5 km back to Ghangaria.

Hemkund Sahib

A trek branching off the route to the Valley of Flowers leads to one of the most famous Gurudwaras in India, Hemkund Sahib. Hemkund (Snow Lake) Sahib, as the name itself suggests, is a high-altitude lake (4329 m) surrounded by seven huge now-covered mountains, which are collectively called Hemkund Parvat. Close to the lake is a sacred Gurudwara that is a pilgrimage centre for Sikhs and Hindus from all over the world.



The trek takes one through pine forests where rhododendron (burans), wild roses, ferns and alpine flowers abound. With breathtaking views of the surging waters of the Lakshman Ganga, the last five Kms of the trek entails a steep climb from Ghangaria, which is a base for visiting Hemkund. The lake is about two Kms in circumference. It has clear, still water mirror images of the Saptashringa peaks (5500 m) that surrounds it.

Overnight Stay at Ghangaria

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18th Aug – Thursday - Ghangaria – Govind Ghat – Badrinath - (H-10,150Ft)

After breakfast, trek down to Govind Ghat with packed lunch.

Drive to Badrinath. Reach Badrinath in the evening .Visit to Badrinath Temple and overnight stay at Badrinath Badrinath is situated at an altitude of 10,150Ft above sea level on the right bank of the river Alaknanda. It is the abode of the Lord Vishnu (of Hindu religion)and during winters the temple remains closed due to snowy tracks and inclement weather



Cradled in the twin mountain ranges of Nar and Narayan is the holiest of the four main shrines, Badrinath along the left bank river Alaknanda.

With the splendid Neelkanth mountains as the backdrop, it is an important destination on the scared itinerary of every devour Hindu. Once the spot was carpeted with 'badris' or wild berries and hence was famous as 'Badri Van'.

Overnight Stay at Badrinath

19th Aug – Friday - Visit Mana Village - Trek to Vasudhara falls & back to Badrinath.

MANA is the Last village on Indo - China Border, inhabited by local tribes called Marchhas erstwhile traders with Tibet. The people of this village are associated with the various activities and ceremonies of Badrinath Dham and Mata Murti Mandir Closely associated with the legendary Pandavas,



One can trek through this area upto Vasudhara falls, which is a spectacular sight to behold The trek from Mana village to Vasudhara falls , which is about 3 kms, is an easy one. The water drops from a height of 400 Ft but due to the immense cold temperature it is frozen before it touches the ground. During summer, the water sprays into vapor as it descends to the ground and during rainy season it is just a sheet of ice and one would never come across such a sight anywhere else! On the way to Vasudhara, there are other interesting sights to keep us occupied. It. The surrounding mountains devoid of any life and greenery, the soft blowing river and the sky limit in front of you as you trek along; all makes you feel the same thing that you have reached the end of the world!

Overnight Stay at Badrinath



20th Aug – Saturday – Departure from Badrinath and arrive in Rishikesh

Overnight Stay at Rishikesh

21st Aug - Sunday – Rishikesh

Rishikesh represents the Gateway to the Himalayas in the Tehri-Garhwal region of Uttar Pradesh. It abounds in natural splendor. The spectacle of the Ganga rushing through the Himalayan foothills is an awesome sight. Several temples dot the banks of the Ganga at Rishikesh. Rishikesh is located at a height of about 1360 Mtrs above sea level. It is believed that several yogis and sages lived and practiced penance here. Rishikesh represents the site where Vishnu vanquished the demon Madhu. Every inch of place is sacred here in Rishikesh. The banks of Ganga in Rishikesh are dotted with ancient temples and ashrams



Lakshman Jhula

This suspended bridge running from one bank of Ganga to other is the landmark of the city. It was built in 1939. The legend behind it states that Lakshman crossed a bridge made of jute ropes here on river Ganga. The view from the bridge itself is panoramic. The mountains covered in green belt, the waters flowing below, a cool breeze, all these together make Lakshman Jhula a great place to visit. You can also feed the fish in the river below from the bridge itself, the fish gather at the place where people drop food for them

After Dinner – Departure to New Delhi - **Rishikesh to New Delhi - (244 kms)**

22nd Aug – Monday - Arrive in New Delhi Early Morning -

Tariff: Rs. 19750/- per person - For Indians / 700 USD /- per person - For Foreigners

The Tariff is inclusive of

- ✓ Accommodation on dormitories / Rooms / tents.
- ✓ All meals as specified in the itinerary.
- ✓ Entry fees valley of flowers.
- ✓ Driver allowance, permit & night halt charges.
- ✓ Transportation in an exclusive non a/c private vehicle as per the group size.
- ✓ Services of Local expert Guide during the trek.
- ✓ Accompanying experienced escort during the whole tour.
- ✓ Trekking fees





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Tariff does not include

- × Mineral Water, Drinks, personal expenses, tips, laundry, telephone calls, personal medicines.
- × Camera Charges (both still & video), entry fee, excepting Valley of Flowers. These charges to be paid by the participants directly to the concerned authorities
- × You can hire mules/ porters from Govind Ghat – Ghangaria – Govind Ghat i.e. while going for the trek unless you are carrying your rucksack yourself. Mules/ Porters are available in plenty. Please do not bring suitcases but airbags/ duffel bags.
- × Expenses incurred due to reasons beyond our control such as bad weather or road blocks due to landslides etc.
- × Anything not specified in the itinerary as above.
- × Evacuation charges, damage of any nature, entry permits, entrance fees at monasteries

Last Date for Registration: 1st Aug 2011

Cancellation Charges:

30 days prior to Tour departure date:	100 % Refund
29 -15 Days	75 % Refund
14 days and below including no show:	Sorry – No Refund

Reporting:

The participants should make their own arrangements to report to us at Delhi by 6.00pm on 3rd July 2011.

Route Map

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