

A wide-angle landscape photograph of a mountain valley. In the foreground, a river flows through a narrow canyon, with a paved road curving along its left bank. The valley walls are steep and composed of layered, reddish-brown earth and rock. In the background, majestic mountains rise, with the highest peaks covered in snow and partially shrouded in mist. The sky is filled with heavy, grey clouds, creating a moody and atmospheric scene.

# ADVENTURUSH

## INCLUSIONS

- **Accommodation – Stay in Guest house/ Home stay** on Triple/ Quad sharing based on group size.
- **Veg Meals** – from dinner at Joshimath on Day 1 to tea and coffee on Day 6 are included. Meals are simple, nutritious, and vegetarian.
- **Expert Instructor** – Trained and experienced trekking instructor and guide.
- **All Camping equipment like** - sleeping bag, kitchen & dining tent, utensils, mattress, tent, toilet tent, and crampon.
- **All Permits & Fees** – as applicable.
- **Medical Kits** - First aid kit, Oxygen cylinder, Stretcher.
- **Cook/ Support staff** – for your delicious meals and other support.
- **Transportation** – Please speak to vendor partner post booking to coordinate pickup point & time.

## EXCLUSIONS

- **Personal expenses** – such as Telephone, Laundry, Tips and Table Drinks etc.
- **Insurance** - Medical, Accidental, theft
- **Airfare / Rail fare**
- **Pickup and drop** – from Airport, Railway station or Bus stop. Please contact vendor partners post booking, if pickup and drop facility can be provided on request, at additional cost.
- **Personal Porter**
- **Beverages**
- **Medical Emergencies** - any injury or medical emergencies sustained by the adventurers during the activity.
- **Any additional cost** - including stay and food, that arises due to extension, change of itinerary due to natural calamities, roadblocks, bad weather or any other unforeseen circumstances beyond our control.
- **Anything not listed under “inclusions”.**

## ITINERARY

### Day 01: Rishikesh: Joshimath Sari Drive | 275 kms | 10-11 hrs | 6,200 ft

You will be picked up sharp at 6:30 AM from Rishikesh and have a drive to Joshimath (a town in Chamoli District of Uttarakhand) by surface 290 km approximately 8-9 hrs.

Overnight stay at Hotel in Joshimath.

**Meals - Dinner.**

### Day 02: Joshimath to Govindghat | Trek to Ghangaria. | 40 kms drive | 9 Kms trek | 6 hrs | 9,800 ft

On the next day after breakfast, drive from Joshimath to Govindghat by company transport and from Govindghat to Poolna by local sharing taxi. Start trekking from Poolna to Ghangaria. (Approximately 09 km). The trek passes through picturesque landscapes alongside the roaring Alaknanda River. Overnight stay at Homestay in Ghangaria.

**Meals - All meals.**

### Day 03: Ghangaria - Explore the Valley of Flowers

Early morning trek from Ghangaria to the Valley of Flowers and back to Ghangaria (approximately 5 km one way). Spend the day exploring the enchanting valley, marvelling at the myriad of colourful flowers and breathtaking scenery. Carry a packed lunch and sufficient water. Return to Ghangaria for an overnight stay.

**Meals - All meals.**

### Day 4: Ghangaria - Hemkund Sahib – Ghangaria | 5.5 kms | 7 hrs | 14,100 ft

Trek from Ghangaria to Hemkund Sahib and back to Ghangaria (approximately 6 km one way). Explore Hemkund Sahib, a revered Sikh pilgrimage site located beside a glacial lake. Enjoy the serene surroundings and panoramic mountain views. Return to Ghangaria for an overnight stay.

**Meals - All meals.**

**Day 5- Ghangaria to Govindghat | Drive back to Joshimath | 13 kms | 5 hrs | 9,800 ft**

After breakfast, start descending to Govindghat then finally drive back to Joshimath. The trek is easy and offers you a perfect view of nature that you might not have even expected. You will be reaching Joshimath by evening or night. Overnight stay in a guest house.

**Meals - All meals.**

**Day 06: Joshimath to Rishikesh | 275 kms | 10-11 hrs | 6,200 ft**

Today will be the last day. Early morning after having Tea/Coffee we will depart to Rishikesh from Joshimath, concluding your Valley of Flowers adventure. Breakfast and lunch on the way by your own expense.

**Meals - Tea/Coffee.**

