VALLEY OF FLOWERS

Valley of Flowers is one of the most beautiful natural wonder. Located in Uttrakhand, at an altitude of 3,600 meters above the sea level and at an average distance of 500 kilometers from Delhi, this vibrant place is home to a diverse range of alpine flowers and endemic and rare fauna. This glaring piece of nature is a UNESCO World Heritage Site exhibiting lush greenery and a colorful array of flowers. Snow clad for most of the year, you can behold it’s beauty from June to September, when it’s flowers are in full bloom. It is also believed to be the sacred land from where Hanuman had collected Sanjeevani buti for Lakshman. Because of it’s rainbow-like palette of flowers set against the backdrop of the white peaky mountains, the site simply captivates you and creates an impression within you that stays on forever. The **Valley of Flowers Trek** is a 4 day **long trek** with an average of 6 hours of trekking per day. Govindghat is the starting point for trek to Hemkund Sahib and Valley of Flowers. It is approx 22 km from Joshimath at the confluence of Alaknanda and Lakshman Ganga rivers. Ghangaria is the base camp for the trek to the valley. It is a 11-hour drive from Rishikesh. At Ghangaria, there are private lodges and hotels for accommodation. Here only North Indian food is served along with few popular Chinese, Punjabi, Garhwali dishes. There are no eating joints in the valley hence it is recommended to take packed lunch, refreshments if you are heading towards the valley. Hemkund Sahib, Mana Village, Nanda Devi national park are some of the top places to visitin Valley of Flowers. This trek sums up to an average cost of around 6,000-8000 INR.

DAY 1: DELHI-GOVINDGHAT- 510 kms| 14 hours

DAY 2: GOVINDGHAT-GHANGARIA- 14 kms

DAY 3: GHANGARIA-VALLEY OF FLOWERS-GHANGARIA- 5 hours of trek

DAY 4: GHANGARIA-HEMKUND SAHIB-GHANGARIA- 7 hours of trek

DAY 5: Ghangaria –Govindghat -4 hours of trek

DAY 6: GOVINDGHAT-DELHI

https://www.thrillophilia.com/tours/valley-of-flowers

KASOL-KHEERGANGA

Situated between the towns of Bhuntar and Manikaran and on the banks of Parvati Valley, Kasol is a hamlet in the District of Kullu, with an average distance of about 500 kms from Delhi. It is often referred to as the Amsterdam of India because of it’s deep serene skies, pine trees and gushing waterfalls. It is a 4-day trip from Delhi. Over the time, Kasol has become a hub for tourist, trekkers and nature lovers. It has also become popular as it serves as a center for various trekking trails which include treks to Kasol-Kheerganga, Kasol-Tosh, Kasol-Malana. Taking a stroll along the rippling and sparkling Parvati Valley is one of the best ways to spend your time in Kasol. Kheerganga trek is an **11 km trek (one way)** and has quite a few tricky paths up its sleeve. The best time for this trek is from April-June and September to November. One of the best cafes in Kasol is the Evergreen Café which is perfect for an evening snack session and serves authentic cuisine along with trippy dance music which gives the place a very pop culture vibe. Barshaini is the base camp for the Kheerganga trek from Kasol. Along this trek comes Gurudwara Manikaran Sahib which is famous for it’s hot springs. This whole trek has maggi and coffee points along it and you witness tourists with high spirit trekking their way up and down. This trip costs up to 6000-8000 INR.

DAY 1- DELHI- KASOL – 510kms| 12 hours

DAY 2- KASOL-KHEERGANGA TREK- 20kms| 6 hours

DAY 3- Return Trek with visit to Manikaran Sahib- 6 hours

DAY 4- KASOL-DELHI (return trip)

TRIUND-LAHESH CAVE

The Triund trek is probably one of the easiest trek in the Himalayas. During a short 3-4 days trek, you will be able to get spectacular views of the Dhauladhar range of the Himalayas and get to breathe the amazingly fresh air of the mountains. The trip starts from Mcleodganj and reaches Triund in a few hours. Mcleodganj is a suburb of Dharamshala in Kangra district of Himachal. It is a beautiful village known **for** its monasteries, museums, temples, waterfalls, lakes, and Tibetan settlements. The trek start from the Main Square in Mcleodganj that gives an amazing view of City- the beautiful houses, shop, kids playing around and local people. The first stop along this trek is Triund. It is a small hill station that gives you an immensely beautiful view of the hills and has a lot of cafes. This trek then concludes to the Lahesh caves. Lahesh caves is an ideal trekking route for adventurers who wish to explore beyond an one day easy Triund trek. The trail of this trek gives a breathtaking panoramic view of the Dhauladhars. The best time to visit this place is from May-June and from September-November. This trip costs around 4000-5000INR

DAY 1- DELHI-MCLEODGANJ- 480kms| 11hours

DAY 2- MCLEODGANJ – TRIUND- 9kms| 4 hours (visit to Kangra valley etc)

DAY 3- Early morning walk to Lahesh cave, 5 hrs max, Glacier walks for 1.5km , Arrival at Lahesh caves , Return to Triund

DAY 4- TRIUND-MCLEODGANJ-DELHI