

ALTITUDE, SEASON & WHAT REMAINS

Above **3,000 metres**, oxygen levels thin and weather can change quickly. Proper acclimatisation, steady pacing, and attentive movement are especially important, particularly on the climb to Hemkund Sahib.

The best window for the **combined journey** is **June to early October**, while the **best floral display in the Valley of Flowers is usually from July to September**. **September** often brings clearer skies and broader mountain views, though travellers should remain cautious during the rainy phase of the season.



A JOURNEY IN TWO MOVEMENTS

In the Valley of Flowers, the Himalaya opens in colour. At Hemkund Sahib, it rises into stillness. Together, they offer a rare experience where nature flourishes in abundance and devotion ascends into silence.



WHEN TO VISIT

As the seasons turn

June to early October

Main trekking and yatra season for the combined route.

July to September

Best period for the Valley of Flowers in bloom.

September

Often favoured for clearer skies and broader mountain views. This is also when the valley is still rewarding without the heaviest monsoon conditions.

HOW TO REACH

By Air

Nearest airport: Jolly Grant Airport, Dehradun
Dehradun to Govindghat: about 290–300 km by road.

By Rail

Nearest major railheads: Rishikesh / Haridwar
Rishikesh to Govindghat: about 270–275 km by road
Haridwar to Govindghat: about 295–300 km by road.

By Road / Trek Route

Govindghat to Ghangaria: 13 km trek
Ghangaria to Valley of Flowers: about 4 km one way
Ghangaria to Hemkund Sahib: 6 km one way.



District Tourism Development Officer, Chamoli
Phone No.: 01372-253185
Email ID: tourismchamoli@gmail.com
Instagram: [/visitchamoli](https://www.instagram.com/visitchamoli)



VALLEY OF *Flowers* & Hemkund Sahib

Where Himalayan Wildflowers Meet the Sacred

*A journey through flowering meadows
and sacred stillness.*

VALLEY OF FLOWERS: THE HIMALAYA IN BLOOM

Set between about **3,250 and 3,650 metres** in Chamoli district, the **Valley of Flowers National Park** is a **UNESCO World Heritage Site** and part of the **Nanda Devi Biosphere Reserve**. During the trekking season, this high Himalayan valley opens into one of the region's most remarkable alpine landscapes, with the richest bloom usually seen from **July to September**.



Reached on foot from **Ghangaria**, the valley is known for its meadows, streams, rock faces, and exceptional floral diversity. Species such as **blue poppy, primulas, anemones, orchids, and marigolds** are among the flowers associated with its seasonal bloom. Camping is **not permitted inside the valley**, helping preserve its fragile ecology.

Wildlife moves quietly through this landscape. The wider protected area supports species such as **Asiatic black bear, musk deer, red fox, bharal (blue sheep), and snow leopard**, though sightings are uncommon.

Location	Very Crisp Feature
Valley of Flowers	UNESCO World Heritage landscape within the Nanda Devi Biosphere Reserve
Floral Window	Richest bloom is usually seen from July to September
Valley Experience	No camping inside the national park

HEMKUND SAHIB: THE SACRED ASCENT

Rising above the valley at **4,329 metres**, **Hemkund Sahib** is widely described as the **highest Gurudwara in the world** and remains one of the highest Sikh pilgrimage destinations anywhere. Set beside a glacial lake and ringed by seven peaks, it is associated with **Guru Gobind Singh Ji**, who is believed to have meditated here in a previous life.

From **Ghangaria**, the ascent is a steep **6 km one-way climb**. The path is paved but demanding, and the rapid gain in altitude makes the effort feel more intense than the distance suggests. The shrine remains open during the **yatra season, usually from late May or early June to early October**, depending on annual conditions. Even in summer, the lake retains an icy stillness that gives the place its distinct reflective power.



Here, the journey shifts from colour to silence.



THE TREK: STEP BY STEP

The combined journey is usually completed over 4–6 days.

Day 1 – Road to Govindghat

Travel from **Rishikesh / Haridwar** to **Joshimath**, and onward to **Govindghat**, the roadhead for the trek.

Day 2 – Govindghat to Ghangaria (13 km)

A steady ascent leads to **Ghangaria**, the base for both Valley of Flowers and Hemkund Sahib. The route is well-marked and follows the river valley upward.

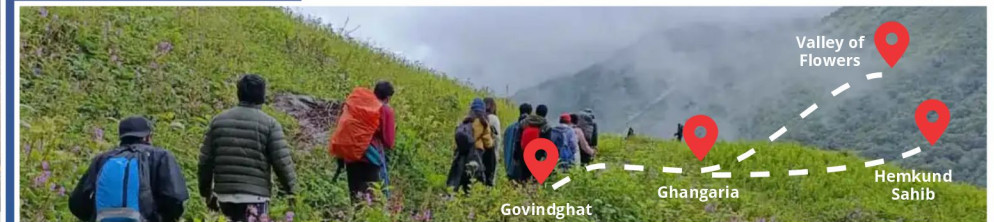


Day 3 – Valley of Flowers (about 4 km one way)

A moderate walk into the protected valley, allowing time to explore and return to **Ghangaria** the same day.

Day 4 – Hemkund Sahib (6 km one way)

A steep and physically demanding high-altitude climb, but one that carries both scenic and spiritual depth.



Day 5 – Descent to Govindghat

The route descends back to the roadhead after the two major excursions. Overall, the trek is **moderate**, with the Hemkund ascent being the most challenging segment.