



THE WORLD UNITED

presents

Spiritual Voyage to Valley of Flowers

(The land of Insights)

Haridwar-Rishikesh-Badrinath-Valley of Flowers

On 30th August 2009 to 05th September 2009



Day	Programme	Night stay
1	Arrive Delhi – Haridwar – Rishikesh	Rishikesh
2	Rishikesh – Pipalkoti	Pipalkoti
3	Pipalkoti – Badrinath	Badrinath
4	Badrinath – Gagaria	Gagaria
5	Gagaria – Valley of Flowers – Gagaria	Gagaria
6	Gagaria – Srinagar	Srinagar
7	Srinagar – Delhi	Tour concludes

Day 1 (30th Aug, Sunday)

Arrive Delhi-Hardwar-Rishikesh

Haridwar : Manasadevi Temple Ganga Temple, Harathi in the evening

Haridwar is ancient pilgrim city on the right banks of the river Ganges. It is situated in Haridwar District of Uttaranchal at the foot hills of Himalayas. It is also known as Mayawati, Gangadwar, Tapovan and Kapilastan. The chief attraction in Haridwar is the temple of Dakshineswar and the adjoining bathing ghat known as HARI-KI-POURI, which is named after the "charan" or the footprint of Hari (Vishnu) impressed on a stone set in to the upper wall. The bus will take you up to HARI-KI-POURI. Take bath in the Ganges at the sacred bathing ghat known as Brahma Kund at Hari-ki-Pouri. The temple of the Ganges is also situated here. The kumbh (marking a 12 year solar cycle) and the arth kumbh fairs are held here wherein millions of Hindu devotees take a holy dip in the river Ganges.

Rishikesh: Lakshman Jhoola, Ram Jhoola, Sivananda Ashram

Rishikesh is a spiritual centre. It is considered to be the gate way to Badrinath, Kedarnath, Gangotri and Yamunotri from Medieval times. It is believed that Bharat, brother of Lord Rama performed great penance here. A temple known as Bharat temple was built at this place and the town of Rishikesh has sprung up around the temple.

Day 2 (31st Aug, Monday)

Rishikesh to Pipalkoti

Pipalkoti : Only night halt place. It is a big town on the way to Badrinath

Day 3 (1st Sept. Tuesday)

Pipalkoti to Badrinath

Badrinath : Paradise on earth, situated on the right banks of river Alakhnanda, at a height of 10,248 feet above the sea level is surrounded by the snow covered peaks of the Himalayas. Standing like twin sentinels over the Badrinath valley are the Nar and Narayan ranges. The mighty river Alakhnanda flows by the side of Badrinath temple which has retained its importance as a spiritual center from pre-Mahabharata days. The hot water tank or the Tapta Kund is the boon of nature. Pilgrims take bath in this tank. Vasundhara water falls are 4 kilometers from here. Mana village, the last check post on the Indo Tibetan border, is very near to Badrinath.

Day 4 (2nd Sept. Wednesday)

Badrinath to Ghangria (stop nearer to the Valley). 14 km trek ends at Ghangria

Valley of Flowers is a fairy-land situated high in the Himalayas of the Uttaranchal, at an altitude of 3,600 meters above the sea-level, protected by snowy mountains. Unknown to humans, for centuries this enchanting valley lay frozen during the colder months, and burst into its youthful beauty every year, as the snow melted with the advent of summer. Frank Smith - mountaineer, explorer, botanist - chanced upon it in the monsoon of 1931. It was declared a national park in 1982, and now it is a World Heritage Site. The Valley of flowers starts from Ghangharia but one can see its real beauty or we can say that real valley of flowers starts after crossing the gorge and the stream. Ratban Parvat comes in front of the valley and in the end kunt khal comes. The Valley of flowers is covered with majestic peaks and river Pushpawati flowing through it divides it into two sections. Many streams also flow through the valley irrigating it, adding to the beauty before finally merging with River Pushpawati.

Day 5 (3rd Sept. Thursday)

Ghangria-Valley of Flowers-Ghangria (Full-moon day).

The locals, of course, always knew of the existence of the valley, and believed that it was inhabited by fairies. The valley is home to many celebrated flowers like the Brahmakamal, the Blue Poppy and the Cobra Lily. It is a much sought after haunt for flower-lovers, botanists and of course trekkers, for whom a sufficient excuse to embark on a mission to reach a place, is that it exists! Trespassing their celestial abode was avoided although shepherds did take the liberty to graze their cattle here. Legends associate this valley with the area from where Hanumanji of Ramayana collected. 'Sanjeevani' herbs to revive Lakshmana, the younger brother of Rama. Hanuman had to visit far-flung areas in his search for the life-saving herbs, some named after him. There is a single track in the valley to view flowers. You may also come across many butterflies. En route, you may be able to spot the musk deer, blue sheep (bharal), Himalayan bear, Himalayan mouse hare, and snow leopard. The Valley of Flowers is also a paradise for avid bird watchers. Meadows of wild flowers are interspersed with waterfalls, springs, rocky boulders, and more. For trekkers, the base camp is at Ghangaria, from here the Valley of Flowers is a 3 km uphill trek. It's a moderate level trek, and the trail is well-defined.

Day 6 (4th Sept. Friday)

Ghangria-Srinagar

Srinagar received its name from Sri Yantra, a mythical giant rock so evil that whoever set their eyes on it would immediately die. The rock was believed to have taken as many as thousand lives before Adi Shankaracharya, in the 8th century AD, as a part of an undertaking aimed to rejuvenate the Hindu religion across India, visited Srinagar and turned the Sri Yantra upside down and hurled it into the nearby river Alaknanda. To this day, this rock is believed to be lying docile in the underbelly of the river. That area is now known as Sri Yantra Tapu.

Day 7 (5th Sept. Saturday)

Srinagar-Delhi (Tour concludes)

Food : Pure vegetarian (Breakfast,Lunch & Dinner)

Accomodation : Deluxe rooms on twin sharing basis

Transport : A/c Deluxe bus with pushback seats

Daily Group Meditation and sharing

For any details Please contact **0 99086 52789** or
mail to the **worldunitedteam@gmail.com**

