



ALEMAARI ADHYAYA

By TrekNomads

VOL 2 Edition 6, June 2026

TREK *Travel* ADVENTURE

Welcome to the **June edition of Alemaari Adhyaya by TrekNomads.**

How many flowers is too many flowers?

Nobody has ever answered that the same way twice.

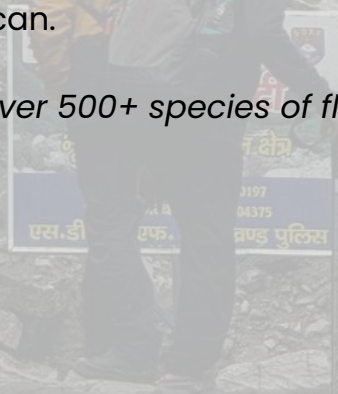
For most of us, a lot of flowers once meant a small garden. A few pots outside our house front door.

Our mothers or Grandmothers would be outside every morning with a watering can; watering those little marigolds, roses, maybe a jasmine creeper along the wall. And, we will be sitting on the stairs as a kid and watching without really watching.

That was our idea of flowers. That was the ceiling.

Then someone tells you about the Valley of Flowers as you grow up. Not planted by anyone. Not been arranged by anyone. Not tended by anyone with a watering can.

Just there with over 500+ species of flowers.



EDITOR'S DESK – ALEMAARI ADHYAYA



June month we crossed a pass.

Next month.i.e July, we walk 500 species of wildflowers.

The season has officially lost its mind and honestly? We are completely here for it. June felt like the hinge month. The one where everything tips from one world into another. Hampta Pass & Chandratat Lake Trek opened, our batch crossed from the lush green of Kullu into the stark, silent landscape of Lahaul in a single morning.

And now July is approaching. The Valley of Flowers is waking up. The snow is melting into streams. The first wildflowers are pushing through soil that was frozen a month ago. I keep thinking about that. About the gap between a Hampta Pass crossing and a Valley of Flowers morning.

About how this season keeps asking us to hold two completely different experiences simultaneously the stark and the saturated, the barren and the blooming, the silence of a high-altitude desert and the colour of a valley that has 500 species of flowers trying to exist in the same space at the same time.

Is that too many flowers?

I genuinely don't know. But I think we're about to find out.

— Arshalakshmi

Editor, Alemaari Adhyaya

Stories from June



Stories from June



Stories from June



Photography by Aloka Balam
Hampta Pass & Chandratal Lake 2026

OUR FIRST MONSOON INVITATION: HAMPTA PASS & CHANDRATAL LAKE [PREMIUM]



June didn't ease us into the monsoon. It threw us straight into it onto a pass at 4,268 metres where the Kullu valley ends and Lahaul begins without warning.

We ran two batches this month, and they couldn't have been more different from each other while walking the exact same trail

On the crowding question — because we know you're asking.

Hampta has become one of the most popular monsoon crossings in Himachal, and with popularity comes the thing nobody likes talking about: crowded campsites, queued-up trails, and that slightly chaotic energy that can take the mountain out of a mountain trek. We've felt it too, on certain stretches near Chika where multiple operators converge.

So we've made a deliberate call. Our campsites are pitched a little further from the main cluster, close enough to the trail, far enough from the noise because the whole point of paying for a guided Himalayan trek is the experience of being in the mountains, not in a tent colony.

A few [departure slots are still open for July and August](#) whether you're bringing your college friend group, traveling solo, or finally convincing your partner that camping at 4,250 metres next to a lake that has no colour of its own is a good way to spend an anniversary. Families with trekking-fit teens, first-timers, repeat nomads — all of you are welcome on this one.

Reach out at **info@treknomads.com or +91 9886444809 to lock in your July or August departure** before the monsoon batches fill up.

HAMPTA PASS & CHANDRATAL LAKE [PREMIUM]



DAY WISE ITINERARY

HAMPTA PASS & CHANDRATAL LAKE [PREMIUM]

DAY 1

Manali in Arrival & Acclimatisation

Arrive in Manali (2,050m), the starting point for your Hamta Pass & Chandratat Lake trek. Check into your comfortable hotel and relax to acclimatise to the altitude. Explore the local attractions, including Mall Road, Hadimba Temple, and the picturesque markets.

DAY 2

Drive to Sethan & Trek to Chikka

After breakfast, drive to Sethan Village (2,700m) and begin your trek to Chikka (3,100m). This trek takes you through dense pine forests, wooden bridges, and open meadows. Arrive at Chikka campsite, nestled in a lush green valley, known for its waterfalls and serene surroundings.

DAY 3

Trek from Chikka to Balu Ka Ghera

Start your day with a scenic walk along the Hamta River, crossing several small wooden bridges. As you gain elevation, the trek will take you through alpine meadows with panoramic views of the Dhauladhar Peaks. Reach Balu Ka Ghera, a beautiful campsite surrounded by snow-covered peaks and enjoy the breathtaking surroundings.

DAY 4

Trek from Balu Ka Ghera to Hamta Pass

Begin your trek with a gradual ascent that steepens as you approach Hamta Pass (4,268m). As you reach the top, you will be rewarded with breathtaking views of Mt. Indrasan (6,220m) and Mt. Deo Tibba (6,001m). Descend into Shea Goru and witness the change in landscape from lush green valleys to the barren, rugged terrain of Spiti.

DAY 5

Trek from Shea Goru to Chhatru & Drive to Chandratat Lake

On this day, you'll descend towards Chhatru, crossing glacial streams. After reaching Chatru, a scenic drive to Chandratat Lake .The Moon Lake. A crescent-shaped body of water so clear it has no colour of its own — it just reflects everything above it. Sky. Clouds. Mountains. Whatever the light is doing at that exact moment.

DAY 6

Drive from Chhatru to Manali

After breakfast, enjoy a scenic drive back to Manali via the Atal Tunnel, a major engineering marvel. The journey will offer stunning views of the rugged Himalayan ranges and the green valleys of Lahaul. Check-in to a comfortable hotel in Manali for a restful night.

DAY 7

Departure from Manali

You go home. But that moment on the pass standing between two landscapes, looking both ways belongs to you now. Nobody can take that one back.

[BOOK YOUR TREK HERE](#)

WE'RE CLOSER TO THE BLOOM THAN WE'VE EVER BEEN

VALLEY OF FLOWERS & HEMKUND SAHIB [PREMIUM]



Our first **Valley of Flowers departure of the season left on 27th June, 2026** which means by the time you're reading this, somewhere in the Bhyundar Valley, a group of our trekkers is standing in front of something that genuinely doesn't translate into a photograph.

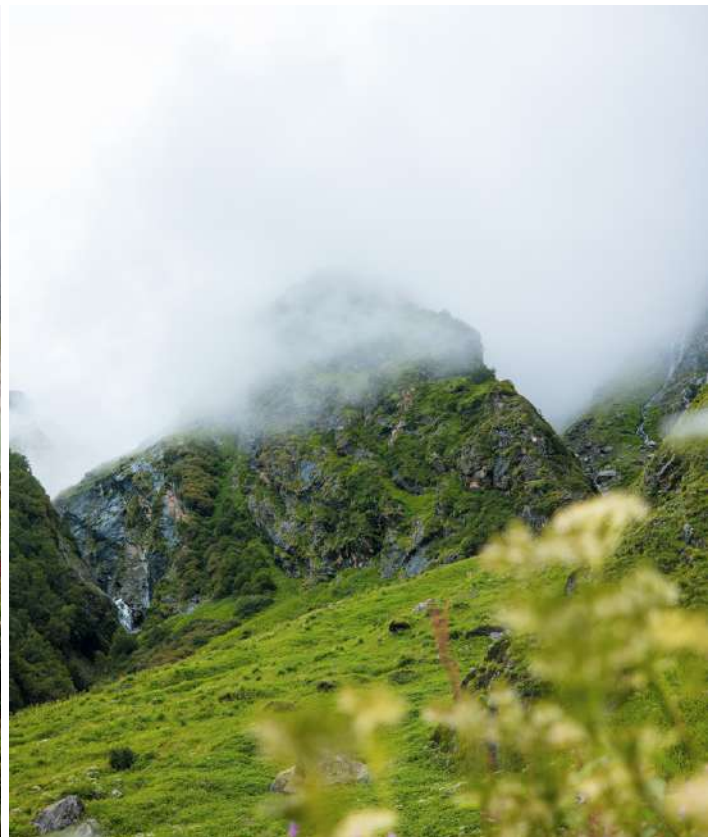
Here's what most people don't know about the bloom: it doesn't arrive all at once. The valley doesn't switch on like a light. It builds, species by species, week by week, as the snowmelt finds its way into the soil and different flowers take their turn. Late June is when the early bloomers the Brahma Kamal's cousins, the primulas, the first blue poppies start showing up at the edges of the trail. By the time our July batches reach Ghangaria, the valley should be deep into its main flush, with the Inderkilla daisies, geraniums, and balsams crowding in alongside everything else competing for four kilometres of trail.

It's not one flower repeated 500 times. It's 500 different flowers, in 500 different shapes and shades, occupying the same four square kilometres at the same time, with absolutely no regard for how that looks to a person who grew up thinking a "lot of flowers" meant a row of marigold pots.

We have departures running through July into the bloom's peak window, the second half of July through mid-August is historically when the valley is at its most saturated, when even people who've seen the photographs a hundred times stop walking the moment it opens up in front of them. The trail is open, the first batch has already gone in, and the valley is only getting fuller from here.

We have only **few slots available for August & September**, write to us at info@treknomads.com to find a date that works.

VALLEY OF FLOWERS & HEMKUND SAHIB [PREMIUM]



DAY WISE ITINERARY

VALLEY OF FLOWERS & HEMKUND SAHIB [PREMIUM]

DAY 1

Rishikesh | Arrival

You arrive in Rishikesh and for most people, this is the moment it becomes real. The city is loud, the Ganga is moving fast, and tomorrow morning everything changes. Tonight is for meeting the group, getting your gear sorted, and sleeping with that particular mix of excitement and nerves that only a first day can give you. [Want to know about Valley of Flowers trek difficulty? Check here.](#)

DAY 2

Rishikesh → Govindghat

A long drive through the Garhwal Himalayas through Devprayag, Rudraprayag, Karnaprayag, Nandaprayag, Chamoli. Five of the Panch Prayag — the sacred river confluences of Uttarakhand pass by your window one after another.

DAY 3

Govindghat → Ghangaria

14 kilometres from Govindghat up to Ghangaria, a steady climb through forests, alongside the Pushpavati river, with the trail getting quieter and greener with every hour. Your legs will know they worked by the time you arrive. Ghangaria sits at 3,048 metres and is your base for everything that follows

DAY 4

Ghangaria → Valley of Flowers → Ghangaria

This is the day. The trail from Ghangaria to the Valley of Flowers is only 4 kilometres — but what waits at the end of those 4 kilometres is something that genuinely doesn't prepare you no matter how many photographs you've seen. Over [500 species of wildflowers](#) in simultaneous bloom. A UNESCO World Heritage Site. [Best Time to Trek to the Valley of Flowers](#)

DAY 5

Ghangaria → Hemkund Sahib → Ghangaria

Surrounded by seven Himalayan peaks and a glacial lake that reflects all of them simultaneously. The climb from Ghangaria is steep 6 kilometres up, gaining nearly 1,300 metres. Taking upto 4-5 hours to reach the top. At the top, the Gurudwara sits beside a lake so it still looks painted.

DAY 6

Ghangaria → Badrinath → Govindghat

The route back passes through Badrinath one of the Char Dham pilgrimage sites, sitting at 3,133 metres with the Neelkanth peak directly behind it. Whether you visit the temple or simply pass through, the setting alone is worth pausing for. Drive back to Govindghat by evening.

DAY 7

Govindghat → Rishikesh

The same road you took on Day 2. The same mountains, the same river confluences, the same curves. But you're not the same person who drove this road a week ago. That's the quiet thing about these journeys — the landscape doesn't change. You do.

DAY 8

Rishikesh | Leisure

After everything, most people need this day. The ghats, the cafes, the river moving fast below Laxman Jhula. Some people sit quietly. Some explore. Everyone processes in their own way. Rishikesh has a particular talent for holding people gently after big journeys.

DAY 9

Departure

You go home. But somewhere between the wildflowers and the Gurudwara and the long drives through river valleys something stayed with you. Most people who do VOF once start planning their return before they've even unpacked.

[BOOK YOUR TREK HERE](#)

WHAT'S UPCOMING

on the Trails

Our departures are filling up fast!

While most batches are already fully booked, the following departures still have limited slots available.

18th July 2026

**Hampta Pass & Chandratall Lake [Premium]
Kang Yatse II / Markha Valley
Kang Yatse II + Dzo Jonga**

25th July

Valley of Flowers & Hemkund Sahib [Premium]

2nd August 2026

Mt. Elbrus Expedition

8th August 2026

**Valley of Flowers & Hemkund Sahib [Premium]
Kedarnath - Tugnath - Chandrasila**

15th August 2026

Valley of Flowers & Hemkund Sahib [Premium]

17th August 2026

Valley of Flowers & Hemkund Sahib [Premium]

22nd August 2026

**Markha Valley Trek [Premium]
Valley of Flowers & Hemkund Sahib [Premium]**

29th August 2026

Valley of Flowers & Hemkund Sahib [Premium]

19th September 2026

Manaslu Circuit Trek [Premium]

26th September 2026

**Everest Base Camp [Premium]
Hampta Pass & Chandratall Lake [Premium]**

3rd October 2026

Annapurna Base Camp [Premium]

10th October 2026

Annapurna Base Camp [Premium]

- Nepal Treks – Open Now [Everest Base Camp](#) | [Annapurna Base Camp](#) | [Annapurna Circuit Trek](#) | [Mardi Himal Base Camp](#) | [Manaslu Circuit Trek](#) | [Langtang Valley Trek](#)
- Ladakh Treks – Open Now [Markha Valley](#) | [Sham Valley](#) | [Lasermo La](#)
- Expeditions – [Kang Yatse II](#) | [Mt.Elbrus](#) | [Mt.Kilimanjaro](#) | EBC+Island Peak | EBC+ Lobuche Peak | Mera Peak

Write to us at info@treknomads.com or call **+91 9886444809**.

We're always happy to have an honest conversation about which trek makes sense for where you are right now.

Know More About Treks

TWO WAYS TO LOSE YOUR PHONE SIGNAL



Everyone knows **the Leh dream**.

The one with a Royal Enfield, a scarf flying in the wind, Pangong in the background, and a playlist that somehow makes the whole thing feel cinematic. Ladakh by bike has been on Indian bucket lists for decades now and honestly, we get it. There's something about that open road, that altitude, that feeling of moving through a landscape so enormous it makes you feel wonderfully small.

We even got a comment once — "why trek when you can just ride?"

Fair question. Here's the honest answer.

On a bike, Ladakh passes by. On foot, it gets inside you.

The difference isn't speed. It's what happens when you slow down enough that the mountain stops being scenery and starts being something you're actually in. When a village elder hands you a cup of butter tea because you walked past his door instead of riding past it. When the silence at 4,000 metres isn't something you pass through in twenty minutes it's something you sleep inside for three nights.

That's what the trail gives you that the road doesn't.

TWO WAYS TO LOSE YOUR PHONE SIGNAL

Both Markha Valley and Lasermo La start in Leh. Both cross passes above 4,000 metres. Both end with you a little more humbled than when you began. But they're answering two completely different questions for two completely different people.

Markha Valley [Premium] is for the trekker who wants Ladakh's soul as much as its altitude. Mud-walled villages, barley fields, monasteries tucked into cliffsides, butter tea with a family whose home has sat in that valley for generations. It's also the trail that leads somewhere higher the same route that takes Kang Yatse II climbers to base camp. *Walk it for itself, or walk it as the first chapter of something bigger.*

Lasermo La [Premium] is for the trekker who wants Ladakh stripped down to its bones where rocks, high altitude and silence feels normal. Fewer villages, fewer groups, more of that raw high-desert solitude that feels like the region before it became a destination. The kind of trail where you realise, somewhere around day three, that you haven't thought about anything from your regular life since you started walking.

As you can see, one trail gives you Ladakh with people in it. The other gives you Ladakh with just you in it.

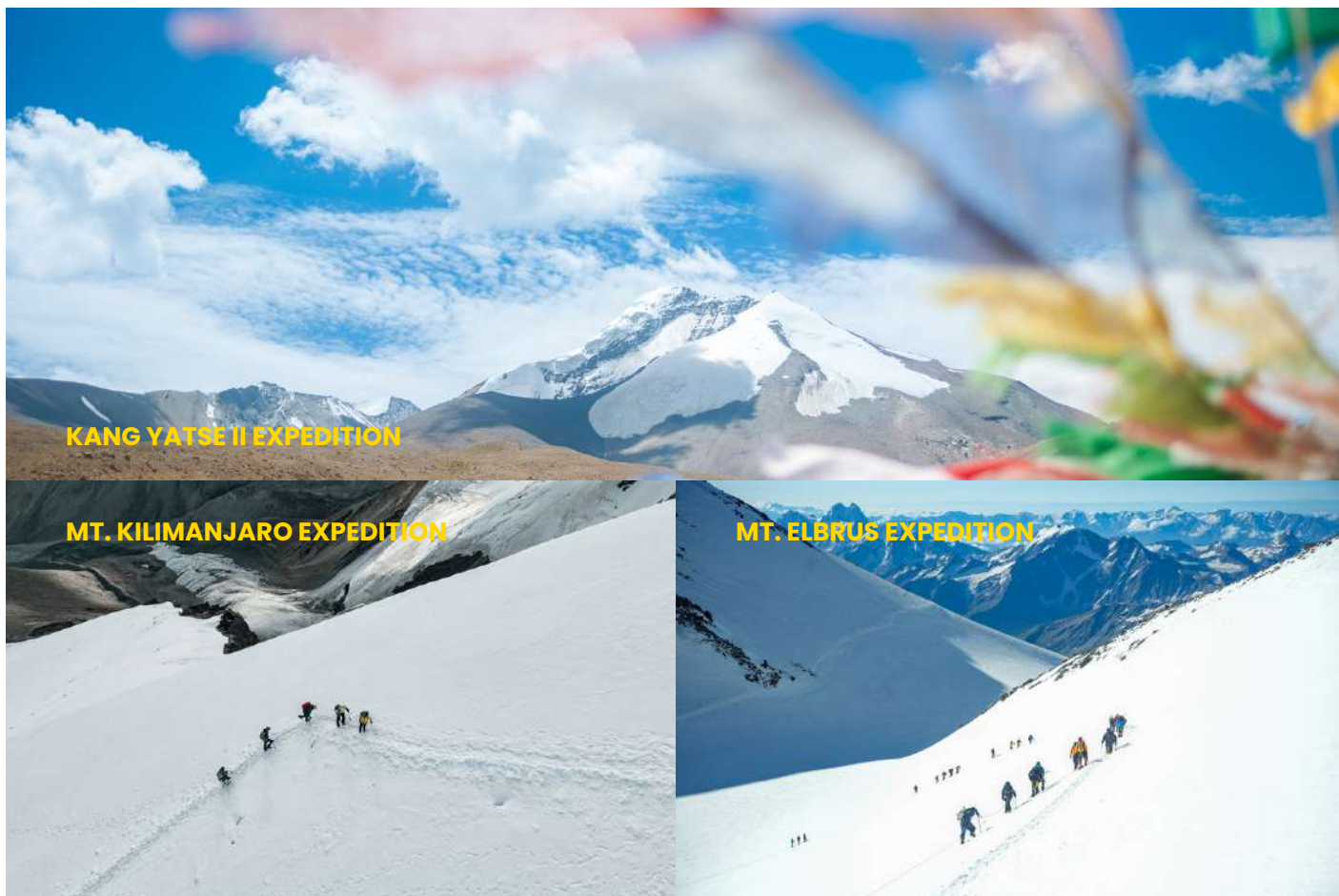
Both are the right answer depending on which question you're carrying.

We run both. Tell us which one is yours.

Write to info@treknomads.com or call +91 9886444809



WHAT'S YOUR NEXT EXPEDITION?



Last edition, we asked if ponchos and crampons could get along.

You answered. And somewhere in those replies and enquiries and quiet DMs we noticed something. A lot of you already knew which one you were. Not poncho. Crampon. You just hadn't said it out loud yet.

So let's say it out loud. There's always a particular kind of trekker who does Valley of Flowers or Hampta and comes back changed in a way that doesn't fully wear off. They book another trek within weeks. Then another. And somewhere around the third or fourth Himalayan trek, a different kind of question starts forming *not "where next" but "how much higher."*

That's usually where an expedition conversation begins.

We're not saying everyone who walks through 500 species of wildflowers needs to end up on a 6,000-metre summit.

But for the ones who do start wondering — [Kang Yatse II](#) , [Mt.Elbrus](#) , [Mt.Kilimanjaro](#) are all currently taking departures, and every one of them started, for someone, as a much smaller trail that simply didn't feel like enough anymore. If you want to know more about this, [read our previous edition.](#)

If a part of you has been quietly doing the math on what comes after your next trek — this is the page where we'd love to have that conversation.

TWO SUMMITS. TWO DATES. BOTH WORTH CIRCLING.



Most people can't pronounce the first one.

Koz-ee-OS-ko ([Mt. Kosciuszko](#)). Polish name. Australian mountain. 2,228 metres above the Snowy Mountains of New South Wales and one of the Seven Summits, the highest peak on each continent. The one nobody talks about first. The one that quietly makes the whole list feel possible.

We're going on **26th November 2026. 4 nights, 5 days from Sydney**. On summit day you take a chairlift from Thredbo Village and walk 13 kilometres through alpine meadows, past glacial lakes, through terrain that looks nothing like the Australia most people carry in their heads. No crampons. No technical experience. Just legs, open sky, and the quiet satisfaction of standing on a continent's highest point. November is spring in Australia. The wildflowers are out. The Snowy Mountains stretch in every direction. And if the Seven Summits has ever crossed your mind even once, even briefly; this is the one that makes it start to feel real.

The second one you already know.

5,895 metres. Africa's highest peak. Five ecological zones between the base and the summit. And a final night that starts at midnight and asks more of your mind than anything your legs have trained for. We're running a [Kilimanjaro](#) departure that **summits on 26th January 2027 — Republic Day**.

There's something about standing on the roof of Africa on the day India marks its constitution that felt right when we saw it on the calendar. We can't fully explain it. We just know it felt like a batch worth building.

8 days from Moshi, Tanzania. Rainforest, moorland, alpine desert, arctic summit four worlds in one climb. The cold at Kibo Hut is real. The darkness on the summit push is real. The moment at Uhuru Peak when the sun starts coming up over Africa and January 26th arrives quietly below the clouds — that's real too.

If that date means something to you the way it means something to us; this is the conversation to have now.

[Kosciuszko — 26th November 2026 | 4N 5D | Sydney](#)

[Kilimanjaro Republic Day Summit — 19th January 2027 | Summit 26th January | 7N 8D](#)

Write to info@treknomads.com | +91 8496885968



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We Didn't Expect to Fall for You Again

A letter from everyone who packed a poncho and left with something they didn't expect.

Dear Monsoon,
We'll be honest. We weren't sure about you this year.

You have a reputation, you know. The kind that makes people check the forecast three times before committing. The kind that fills group chats with "but what if it rains the whole time?" as if that's a reason not to go. As if you're something to survive rather than something to walk into. And then June arrived.

You sent your first invitation through Hampta Pass and we answered. Our first batch stepped out of Manali not entirely sure what they were walking into. Green Kullu valley on one side, your clouds gathering somewhere above Balu Ka Ghera, Mt. Indrasan and Mt. Deo Tibba watching from above like they'd seen this before. Because they had. They've watched you do this every year arrive uninvited, stay longer than expected, and leave people completely changed.

The pass crossing happened in your company. 4,268 metres, the landscape shifting from lush to stark in a single morning, and you somewhere in the wind, somewhere in the cold, making everything feel more real than it had any right to.

And now, you're doing something else entirely. Somewhere in the Bhyundar Valley right now or very soon our first Valley of Flowers batch is walking into what you've been building all season. Five hundred species of wildflowers that exist only because of you. Every Brahma Kamal, every blue poppy, every geranium crowding the trail — all of it yours.

We have more batches heading your way through July and August waiting to see your beauty through the wildflower valleys and high passes and lakeside camps.

Yours, reluctantly at first and then completely,
Everyone at TrekNomads and every trekker who said they'd never trek in the rain.



until JULY

July doesn't knock. It just arrives. Wet boots at the door, clouds that haven't decided yet, and somewhere on a trail in Uttarakhand, a group of people walking into something they won't have words for until long after they've come back.

That's the thing about this season. We sent people into a pass crossing and watched them come back quieter in a way that had nothing to do with exhaustion. We watched the first batch disappear into Bhyundar Valley and stopped waiting for updates after a point because some experiences don't send messages.

July has a valley full of 500 species waiting for the people who choose it next. We hope some of those people are reading this right now.

Until the next edition — may the mountains stay somewhere in your thoughts.