**Bedni Bugyal Trek**

**Location:** Garhwal Himalayas  
**Duration:** 07 Days  
**Altitude:** 3354 mts/11000 ft  
**Grade:** Easy  
**Best time to visit:** Mid June – October  
  
On the slopes of the Trishul massif and at an elevation of 3,354 meters that is cloistered in the Garhwal Himalaya of Uttarakhand in Chamoli, Bedni Bugyal exhibits an impressive alpine meadow that treats one’s eyes as well as soul. Further, overlooking the silent water of Bedni Kund, camping in its vicinity over the lush green and gentle rolling landscape and under the serene blue sky that alters to a star gaze night is more than one’s lifetime experience. For some it’s an exotic hide out and for some it’s an ideal holiday in the midst of bounteous goodness of nature BUT the majestic view of the Trishul massif, Nanda Ghunti and Chaukhamba is captured in everyone’s lenses. The trek to Bedni Bugyal that snakes from Mundoli pulls in explorers from different parts of the world. Wining the heart of several amateur and mountain lovers, the Bedni Bugyal Trek is one of the easy to moderate treks in the Garhwal Himalayan belt that commences in the month of May and continues till November. It takes approximately 4 – 5 days to complete the entire trail from Mundoli, which is 240 kilometers away from Rishikesh by road.  
  
The Bedni Bugyal Trek confines one’s heart with the sprawling colours of nature bedded over the lush green meadows. The entire stretch from Mundoli to Bedni Bugyal displays a vast natural gallery of wild flowers and varied species of Himalayan trees. The journey from Mundoli wheels to Wan and thereafter the uphill trek leads off at Bedni Bugyal, which is approximately 11 kilometers from Wan. After exploring its vicinity and camping overnight the trail downhill follows the same route back to Mundoli and thereafter wheels down to Karnaprayag and followed by Haridwar via Rishikesh.   
  
**Trekking Routes for Bedni Bugyal Trek (Itinerary):**  
  
**Day 01):** Delhi - Haridwar - Rishikesh  
  
**Day 02):** Rishikesh - Karnprayag - Mundoli  
  
**Day 03):** Mundoli - Wan - Bedni Bugyal (3350 mts/11000 ft)  
  
**Day 04):** Bedni - Ali Bugyal - Bedni (10 kms/4 hrs)  
  
**Day 05):** Bedni Bugyal - Wan (2436 mts/8000 ft)  
  
**Day 06):** Wan - Rishikesh (2200 mts /7200 ft)  
  
**Day 07):** Rishikesh - Haridwar - Delhi