**Roopkund Trekking Tour**

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| **Region:** Garhwal Himalayas **Base:** Chamoli District **Altitude:** 5029 m above Sea Level   **R**oopkund is situated in Chamoli district of garhwal. The road head for roopkund is lohajung 155km from Almora, 217km from nainital and 235km from Kathgodam. Roopkund is situated at a height of 5029m in the lap of Trishuli massif. This area is usually called the ‘mystery lake’, since human skeletons and remains of horses from the poleolithic age were found here.   **T**he lake is surrounded by rock-strewn glacier and snow clad peaks. The starting point of the trek is lohajung, easily approached by motor from Almora. Roopkund can also be reached by ghat, connected by a motorable road with Nanda Prayag situated on the | Roopkund Trekking |

main highway of Badrinath. The trek of Roopkund passes through lush green grassy land and conifer forest clining into the sloper of hills. The trek thereafter winds its way along the pindar river. Then to round off this trek, one can approach hemkund via Shail Samundras glacier and then move on ghat. Bedni bugyal and Bhagwawasa are the most beautiful places on this trek. You must found lots of “Bramhakamal” near Bhawawara. The best time to come here is from last week of August to last week of October. You must have 8 days to trekking for Roopkund. It is a 40km trek from road head.   
  
**Tour Highlights-**   
  
**Haridwar & Rishikesh**: The two holy towns of the Hindu's-centres of 'Vedic' learning and Yoga & Meditation.  
**Bekhal Tal** An small lake in scenic surroundings.   
  
**Bedni Bugyal:** Considered amongst the finest high altitude grasslands in the Garhwal mountains- offers you a splendid view of the Greater Himalayan range.   
  
**Day01):** **Delhi-Haridwar**  
Board Dehradun Nizamuddin AC Special Train for Haridwar at 23:30 hrs from Nizamuddin Railway Station. Overnight Journey.   
  
**Day02): Haridwar-Mundoli**   
Arrival in Haridwar by 05:35 hrs and from here drive to Mundoli (240 km/8-9 hrs) via Dev Prayag, Rudra Prayag and Karanprayag. Arrival at Mundoli by evening. Dinner and overnight stay in tents.   
  
**Day03): Mundoli - Wan - Bedni Bugyal (3350 mts/11000 ft)**  
In the morning drive 10 kms to Wan, which is the road head for the trek. Today we will trek 11 km (5-6 hrs) to reach Bedni Bugyal, probably one of the best camping sites in the Garhwal Himalayas. Dinner and overnight stay in tents.  
  
**Bedni Bugyal**: Bedni Bugyal is a charming green meadow adorned with flowers in a spell binding varieties, in full bloom. There is a small lake situated in the midst of the meadow, where Tarpans are offered by the devotees. Situated nearby is a small temple where the devotees pay there obeisance, during their halt at Bedni Bugyal.   
  
**Day04): Bedni Bugyal**  
Rest day for acclimatization/Exploratory day. Overnight in tents.

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| **Day05): Bedni Bugyal - Bagubassa (4100 mts/13450 ft)** After breakfast trek to Bagubassa. Bagua means flowery park and Basa means place. And rightly the place was full of variety of flowers including the rare Bhram Kamal, a special godly lotus found at only and between the altitudes of 14000 - 15000 ft. Today we will trek 10 km, taking about 4-5 hrs to reach today's campsite at Bagubassa. Dinner and overnight in tents.  **Day06): Bagubassa - Roopkund (4450 mts/14600 ft) - Bedni Bugyal**  Bagubasa to Roopkund is easy walking in the flat but in morens ½ hour climbing with same view as last day. (4-5 hours). Kaluka Vinayak (pass) descending till to patar nachwani. The trek to Roopkund passes through delightful alpine pasture lands and snow fields, offering magnificent views of the Trisul, Nanda Ghunti, Badrinath peaks when the snow melts, human and equine skeletons | Roopkund Trek |

remains can be seen. Some of them with flesh attached. These remains have been preserved in the alpine condition for centuries. It is believed that these are the remains of about 300 persons who died about 500 -600 years ago. In the afternoon trek back to Bedni Bugyal for dinner and overnight stay. **Day07): Bedni Bugyal - Wan (2436 mts/8000 ft)**   
Retrace your steps towards Wan. This will take 3-4 hrs. Dinner and overnight in tents.  
  
**Day08): Wan - Rishikesh (2200 mts /7200 ft)**   
After an early breakfast drive to Rishikesh. Lunch enroute. Arrival at Rishikesh by evening. Upon arrival check into hotel for dinner and overnight stay.   
  
**Day09): Rishikesh - Haridwar - Delhi**  
After breakfast depart for Haridwar to catch same train at 10:30 hrs to reach Delhi. Arrival at Delhi by 14:30 hrs.