

ALI BEDNI BUGYAL

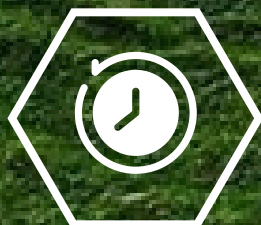
Asia's largest alpine meadows trek



9,500/PP



UTTARAKHAND



5N /6D



TREKKING

Overview

- *Max Altitude: 12,500 FT*
- *Grade: Easy to Moderate*
- *Duration: 6 Days*
- *Trekking Distance: 31 KM*
- *Trail Type: Round trail (starts & ends at Lohajung)*
- *Rail Head: Rishikesh (nearest rail head to base camp)*
- *Airport: Jolly Grant Airport, Dehradun*
- *Base Camp: Lohajung*
- *Winter Trek: Mid Nov – Mid Feb*
- *Spring & Summer: March – June*
- *Post Monsoon: September – November*
- *Stay: Guest house & camping on multiple sharing basis*
- *Meals: Veg & Eggs (served during trek & at hotel/guesthouse)*
- *Pickup Time (Day 1): 6:00 AM*
- *Pickup Location: Live Free Hostel Tapovan Rishikesh, NatRaj Chowk Rishikesh*
- *Drop Time (Day 6): 6:00 – 7:00 PM*
- *Drop Location: Near Live Free Hostel Tapovan Rishikesh, NatRaj Chowk Rishikesh.*

The Ali Bedni Bugyal Trek is a breathtaking journey through Uttarakhand's Garhwal Himalayas. It takes you across vast alpine meadows—Ali and Bedni Bugyal—surrounded by stunning views of Mt. Trishul and Nanda Ghunti. The trail winds through dense oak and rhododendron forests, peaceful villages, and sacred sites like Bedni Kund. At 12,500 feet, it offers panoramic Himalayan vistas and rich biodiversity. Perfect for nature lovers and photography enthusiasts, this moderate-level trek blends adventure, culture, and tranquility. Best visited in summer or autumn, it starts from Lohajung village and takes 6–7 days to complete, leaving trekkers mesmerized by nature's grandeur.



Day 1 :-

RISHIKESH TO LOHAJUNG (BASECAMP)

- Pickup Time: 6:00 AM
- Drive Distance: 250–290 km | Duration: 10–11 hours
- Altitude Gain: 1,200 ft → 7,600 ft
- Route: Rishikesh → Devprayag → Karnaprayag → Tharali → Lohajung
- Stay: Guesthouse at Lohajung Multiple sharing Basis
- Meals: Dinner

✓ Scenic drive through confluences and Himalayan roads

✓ Mobile Network: Jio & BSNL reliable; Airtel/Vi patchy



Day 2 :-

LOHAJUNG TO DIDINA VILLAGE

- Trek Distance: ~6 km | Duration: 5–6 hours
 - Altitude: 7,600 ft → 8,200 ft
 - Trail: Gradual descent to Raun Bagad bridge, then steep ascent to Didina through forest and terraced fields
 - Stay: Homestay / Sharing tents at Didina Village
 - Meals: Breakfast, Packed Lunch, Tea + Snacks, Soup, Dinner
- ✓ Riverside trail with oak & rhododendron cover
 - ✓ First glimpse of village life in the mountains
 - ✓ Mobile Network: Limited availability at Didina.



Day 3 :-

DIDINA VILLAGE TO ALI BUGYAL

- **Trek Distance: ~9.5 km | Duration: 6–7 hours**
- **Altitude: 8,200 ft → 12,500 ft → 11,200 ft**
- **Trail: Steep ascent through oak & rhododendron forest to alpine meadows of Ali Bugyal**
- **Stay: Sharing tents at Ali Bugyal campsite**
- **Meals: Breakfast, Packed Lunch, Tea + Snacks, Soup, Dinner**

✓ **Wide-open meadows with stunning Himalayan views**

✓ **Mt. Trishul and Nanda Ghunti visible**

✓ **Mobile Network: Not available at campsite**



Day 4 :-

ALI BUGYAL TO GAIROLI PATAL VIA BEDNI BUGYAL

- **Trek Distance: ~6 km | Duration: 4–5 hours**
- **Altitude: 11,200 ft → 10,000 ft**
- **Trail: Walk across Ali & Bedni meadows, then descend through forest to Gairol Patal**
- **Stay: Sharing tents at Gairol Patal campsite**
- **Meals: Breakfast, Packed Lunch, Tea + Snacks, Soup, Dinner**

- ✓ **Panoramic views of Trishul & Nanda Ghunti**
- ✓ **Visit scenic Bedni Kund en route**
- ✓ **Mobile Network: Not available at campsite**



Day 5 :-

GAIROLI PATAL TO LOHAJUNG VIA WAN VILLAGE

- Trek Distance:~10–11 km | Duration:6–7hours
- Altitude: 10,000 ft → 7,600 ft
- Trail: Steep descent through forest to Wan Village, then drive to Lohajung (~1 hour)
- Stay: Guesthouse at Lohajung
- Meals: Breakfast, Packed Lunch, Tea + Snacks, Dinner

✓ Latu Devta Temple visit at Wan

✓ Final forest walk with farewell views

✓ Mobile Network: Strong signal (Jio/BSNL) at Lohajung



Day 6 :-


LOHAJUNG TORISHIKESH

- Drive Distance: 250–290 km|Duration: 10–11hours
- Drop Location: Tapovan / NatarajChowk, Rishikesh(by evening)
- Meals: None

✓ Beautiful return journey via Karnaprayag & Devprayag

✓ Estimated arrival: 6:00–7:00 PM

⚠ Please book your onward travel only after 8:00 PM

-  Note:
- This is a scheduled itinerary. However, changes may occur without prior notice due to weather, road conditions, natural hazards, or medical emergencies.

INCLUSIONS

- **Transport:** Rishikesh ↔ Lohajung (to & fro)
- **Stay (multiple sharing):** Guesthouse (Day 1 & 5), Tents (Day 2–4)
- **Meals:** Nutritious pure veg meals (Day 1 dinner to Day 5 dinner)
- **Trek Gear:** Sleeping bag, mat, tent, kitchen/dining/toilet tents, ropes
- **Permits:** All entry & forest fees included
- **Safety:** Oxygen, first-aid
- **Team:** Certified trek leader, cook, guides & support staff
- **Luggage:** Cloakroom at base; mules/porters for central luggage

EXCLUSION

- Personal expenses
- Meals during transit
- Personal luggage porter/mule
- Emergency evacuation & medical expenses
- Anything not mentioned in “Inclusions



TREK ESSENTIALS - PACKING LIST

CLOTHING

- 1 BASE LAYER SET (TOP & BOTTOM) – MOISTURE-WICKING
- 2 DRY-FIT T-SHIRTS
- 2 FLEECE MID-LAYERS
- 1 DOWN JACKET
- 2 TREK PANTS
- 2 UNDERGARMENTS
- 1 WATERPROOF OUTER SHELL (JACKET & PANTS)
- 1 WOOLEN CAP, 1 SUN CAP
- 1 BALACLAVA OR NECKBAND
- 1 PAIR WATERPROOF & WOOLEN GLOVES
- 3 EXTRA PAIRS OF SOCKS
- 1 QUICK-DRY TOWEL (BASE USE), 1 HAND TOWEL (TREK)
- PONCHO OR RAINWEAR

FOOTWEAR

- 1 PAIR TREKKING SHOES (ANKLE-HIGH, WATERPROOF)
- 1 PAIR CAMP SANDALS/SHOES
- BACKPACK RAIN COVER

💧 **HYDRATION & CUTLERY**

- 2 BOTTLES (1L EACH) OR HYDRATION BLADDER
- WATER PURIFIER TABS/FILTER
- 1 THERMOS
- 1 LEAKPROOF LUNCH BOX, PLATE, MUG, SPOON

🍫 **FOOD & SNACKS**

- ENERGY BARS, DRY FRUITS, TRAIL MIX
- ORS, ENERGY DRINKS

🧭 **NAVIGATION & SAFETY**

- HEADLAMP/TORCH + EXTRA BATTERIES
- WHISTLE
- MULTI-TOOL/KNIFE

💊 **BASIC FIRST-AID**

- DIAMOX (1 STRIP), DOLO 650 (5)
- AVOMINE (4), COMBIFLAM (5), DIGENE (4)
- ORS (6), KNEE BRACE (IF NEEDED)
- PERSONAL MEDS (IF ANY)

☀️ **COLD & SUN PROTECTION**

- SUNSCREEN (SPF 30+), LIP BALM (SPF)
- MOISTURIZER, SUNGLASSES (UV PROTECTED)
- HAT OR WIDE-BRIM CAP

💊 **HYGIENE**

- BIODEGRADABLE SOAP/HAND WASH
- TOOTHBRUSH & TOOTHPASTE
- TOILET PAPER, HAND SANITIZER
- SANITARY PRODUCTS (FOR WOMEN)

📄 **DOCUMENTS & OTHERS**

- 3 PHOTOCOPIES OF ID (AADHAAR/PASSPORT)
- MEDICAL & REGISTRATION FORMS
- CASH / CARDS
- POWER BANK, PHONE, CAMERA
- TRASH BAGS, ZIP LOCKS (FOR DRY PACKING)

+ **OPTIONAL ITEMS**

- TREKKING POLES (RECOMMENDED)
- BINOCULARS

NOTE

Most items are available for purchase/rent at basecamp.

👉 Please confirm with your trek coordinator in advance.

WHO CAN PARTICIPATE

Age; 7 years.

First-time trekkers can apply; however, previous trekking experience is appreciated. The trekker must be fit and have sufficient stamina to cover 4 km in 35 minutes without stress.

Maximum age depends on individual fitness level. The climber should also be able to carry a 10–12 kg backpack.

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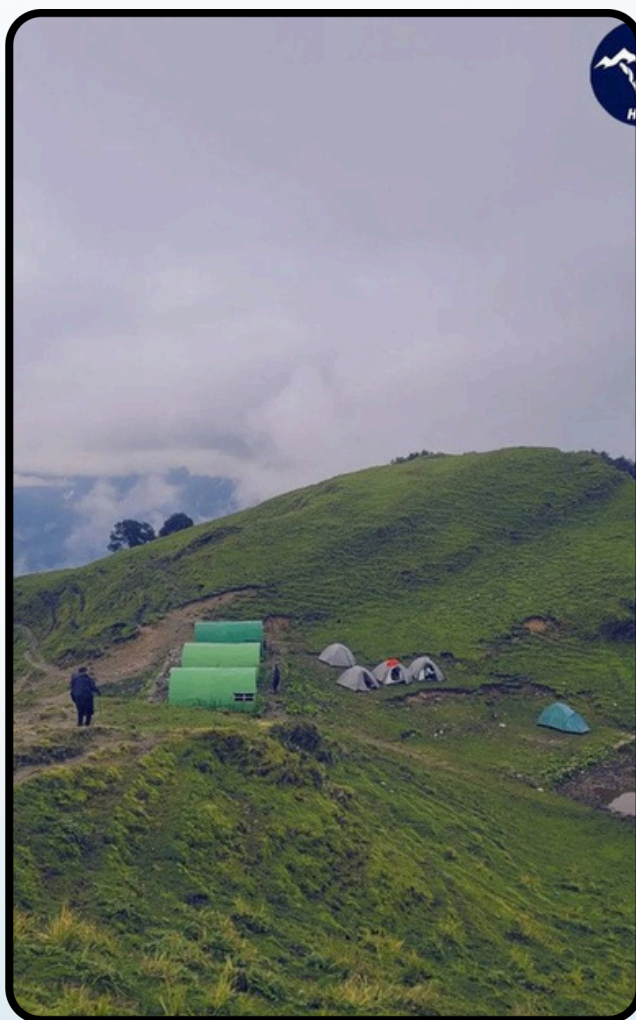
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GALLERY



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