



Event Itinerary

- **Event Name:** Roopkund Trek 8D/7N
- **Location:** Chamoli, Uttarakhand
- **Duration:** 8 Days 7 Night

Day 0: Depart from Bangalore

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Day 1: Kathgodam to Lohajung | Into the Kumaon Mountains

- **Drive Distance:** Approximately 210 km
- **Drive Duration:** Around 10 hours
- **Route:** Kathgodam ? Bheemtal ? Almora ? Kausani ? Gwaldam ? Dewal ? Lohajung
- **Altitude:** Lohajung – 7,662 ft
- **Stay:** Twin-sharing guesthouse
- **Journey Begins:** Start early from Kathgodam and embark on a scenic drive deep into the Kumaon region of Uttarakhand.
- **Through the Hill Towns:** Follow the winding mountain roads via Bheemtal, Almora, Kausani, Gwaldam, and Dewal, with every stretch offering changing Himalayan landscapes.
- **Scenic Kumaon Landscapes:** Drive through lush valleys, pine-covered slopes, terraced fields, and traditional mountain villages,

making the journey an experience in itself.

- **Views Along the Way:** Keep your camera ready for beautiful viewpoints and photo stops, with forested hills and distant snow-covered Himalayan peaks appearing along the route.
- **Almora & Kausani:** Pass through the charming hill towns of Almora and Kausani, both known for their scenic mountain surroundings and panoramic Himalayan vistas.
- **Arrival at Lohajung:** Reach Lohajung at approximately **7,662 ft**, the gateway to the upcoming high-altitude trekking adventure.
- **Settle In:** Check into the guesthouse and relax after the long mountain drive. Mobile network is generally available at Lohajung, allowing you to make any necessary calls before heading deeper into the trek.
- **Prepare for the Trek:** Use the evening to organize your trekking gear, attend to final preparations, and get adequate rest for the adventure ahead.
- **Overnight Stay:** Spend the night in a comfortable twin-sharing guesthouse at Lohajung.

Day 2: Lohajung to Didna Village | Forest Trails & Mountain Hamlets

- **Trek Distance:** Approximately 6.5 km
- **Altitude:** Lohajung – 7,662 ft | Didna – 8,045 ft
- **Trail:** Descent followed by a steep ascent
- **Stay:** Twin-sharing homestay
- **Morning Trek:** After breakfast, begin your first trekking day from Lohajung and descend towards the peaceful Neel Ganga River.
- **Along the Neel Ganga:** Follow the trail through the mountain landscape until you reach the river, surrounded by dense greenery and the soothing sounds of flowing water.

- **Water Refill Point:** Reach the Ruan Bagad bridge and refill your water bottles before taking on the steep climb towards Didna Village.
- **Climb Through the Forest:** Begin the challenging ascent through lush forests, navigating changing terrain and passing through small, remote mountain hamlets along the way.
- **First Himalayan Trekking Experience:** Enjoy the transition from road travel to an immersive mountain trail, with dense foliage, quiet forest paths, and beautiful natural surroundings.
- **Reach Didna Village:** Arrive at Didna by afternoon, a peaceful traditional Himalayan settlement surrounded by terraced fields and mountain views.
- **Village Experience:** Take time to experience the calm atmosphere of the village and interact with the local surroundings. Didna has no proper local market, so only basic supplies are available.
- **Settle into the Homestay:** Check into your twin-sharing homestay and relax after the day's climb. Enjoy warm local hospitality and freshly prepared mountain food.
- **Network Connectivity:** Mobile network is available in the area, giving you an opportunity to make any necessary calls before proceeding deeper into the trek.
- **Overnight Stay:** Spend the night at the Didna homestay and rest well for the scenic trail ahead.

Day 3: Didna to Ali Bugyal | From Forests to Endless Meadows

- **Trek Distance:** Approximately 10.5 km
- **Altitude:** Didna – 8,045 ft | Ali Bugyal – 11,320 ft
- **Terrain:** Dense forests followed by expansive alpine meadows
- **Stay:** Twin-sharing camping at Ali Bugyal
- **Morning Departure:** Start the day after breakfast and begin the steady climb from Didna towards the spectacular high-altitude

meadows of Ali Bugyal.

- **Through Oak & Rhododendron Forests:** The initial trail winds through dense oak and rhododendron forests, with birdsong, occasional clearings, and refreshing mountain surroundings accompanying you along the climb.
- **Gradual Change in Landscape:** As you gain elevation, the thick forest slowly begins to thin out, revealing the wide, rolling grasslands of Ali Bugyal.
- **Enter the High Meadows:** Step into the vast expanse of Ali Bugyal, one of the most striking alpine meadow landscapes of the region. The open terrain provides a dramatic contrast to the forests below.
- **Himalayan Panoramas:** Enjoy magnificent views of the surrounding mountains, including beautiful glimpses of **Nanda Ghunti and Trishul** from the meadow.
- **Weather & Hydration:** Mountain weather can change rapidly at higher elevations. Keep your windproof jacket handy and maintain regular hydration throughout the ascent.
- **Explore the Meadow:** Take some time to walk around the open grasslands, enjoy the silence, and appreciate the immense scale of the Himalayan landscape.
- **Camp at Ali Bugyal:** Reach the campsite and settle into your tents in the heart of the meadow, surrounded by open skies and spectacular mountain scenery.
- **Evening in the Mountains:** As daylight fades, experience the peaceful atmosphere of Ali Bugyal and, weather permitting, enjoy a beautiful starlit Himalayan night.
- **Overnight Stay:** Rest at the Ali Bugyal campsite and recharge for the next stage of the Roopkund adventure.

Day 4: Ali Bugyal to Patar Nachauni | Across the High-Altitude Meadows

- **Trek Distance:** Approximately 7 km
- **Altitude:** Ali Bugyal – 11,320 ft | Patar Nachauni – 12,818 ft
- **Terrain:** Gradual ascent with open meadow trails
- **Stay:** Twin-sharing campsite at Patar Nachauni
- **Morning on the Meadows:** Begin the day with a relaxed walk across the expansive grasslands of Ali Bugyal, enjoying the open Himalayan landscape around you.
- **Panoramic Mountain Views:** The open trail offers uninterrupted views of majestic peaks such as **Trishul and Nanda Ghunti**, making the journey as scenic as the destination.
- **Bedni Bugyal:** Continue towards Bedni Bugyal, another magnificent alpine meadow surrounded by Himalayan flora and sweeping mountain views.
- **Visit Bedni Kund:** Take a short break at Bedni Kund, a serene sacred lake with strong mythological significance. On clear days, the surrounding peaks create beautiful reflections on its tranquil waters.
- **Acclimatization at Ghora Lotani:** Pause at Ghora Lotani for a short rest and allow your body to adjust to the increasing altitude before continuing further.
- **Gentle High-Altitude Trail:** The day's route involves a gradual climb and mostly open meadow walking, making it a comparatively comfortable stage for acclimatization.
- **Towards Patar Nachauni:** Continue across the undulating grasslands as the trail gradually gains elevation towards the Patar Nachauni campsite.
- **Arrival at Camp:** Reach Patar Nachauni and settle into your twin-sharing tents while taking in the expansive mountain views.
- **Evening in the Mountains:** Relax at the campsite and enjoy the peaceful high-altitude surroundings as you prepare for the more challenging sections ahead.

- **Overnight Stay:** Spend the night at Patar Nachauni and get adequate rest for the upcoming high-altitude trek.

Day 5: Patar Nachauni to Bhagwabasa | Into the High-Altitude Wilderness

- **Trek Distance:** Approximately 4 km
- **Altitude:** Patar Nachauni – 12,818 ft | Bhagwabasa – 14,117 ft
- **Terrain:** Steep, rugged and high-altitude trail
- **Stay:** Twin-sharing campsite at Bhagwabasa
- **Early Morning Start:** Begin the day's trek early, as the trail becomes steeper and more demanding while the air gets noticeably thinner at higher elevations.
- **Climb Towards Kalu Vinayak:** Make your way up the steep trail towards **Kalu Vinayak**, taking frequent short breaks to manage the altitude and maintain a comfortable pace.
- **Kalu Vinayak Temple:** Stop at the revered black-stone Kalu Vinayak Temple, an important spiritual landmark along the route and a natural place to pause and catch your breath.
- **Towards Bhagwabasa:** From the temple, the trail descends slightly before continuing towards the Bhagwabasa campsite through increasingly rugged terrain.
- **Changing Trail Conditions:** Depending on the season, the route may feature rocky sections or snow-covered stretches. Trekking poles can be useful for maintaining balance on uneven terrain.
- **Arrival at Bhagwabasa:** Reach the campsite around lunchtime and use the afternoon to rest, hydrate, and allow your body to adjust to the high altitude.
- **Dramatic Mountain Landscape:** Bhagwabasa presents a stark and rugged Himalayan setting, with barren slopes and dramatic terrain creating a striking contrast to the green meadows encountered earlier.

- **Summit Preparation:** Spend the afternoon preparing your backpack and essential gear for the next day's summit attempt towards Roopkund or the planned high-altitude objective.
- **Overnight Stay:** Settle into your twin-sharing campsite at Bhagwabasa and get proper rest for the demanding day ahead.

Day 6: Bhagwabasa to Roopkund & Bedni Bugyal | The Summit Challenge

- **Trek Distance:** Approximately 10 km round trip
- **Altitude:** Bhagwabasa – 14,117 ft | Roopkund – 15,755 ft | Bedni Bugyal – 11,500 ft
- **Terrain:** Steep ascent, rocky/snow-covered sections and long descent
- **Stay:** Twin-sharing campsite at Bedni Bugyal
- **Pre-Dawn Start:** Wake up early and begin the summit attempt before sunrise, making the most of the generally calmer and more stable conditions during the early hours.
- **Steep Climb to Roopkund:** Begin the demanding ascent from Bhagwabasa across rugged terrain, with rocky and potentially snow-covered sections depending on the season.
- **Reach Roopkund:** Continue steadily towards **Roopkund Lake**, the legendary high-altitude glacial lake situated at approximately 15,755 ft.
- **The Mystery of Roopkund:** The lake is famous for the ancient human skeletal remains discovered in and around its vicinity, adding a fascinating layer of mystery to this already dramatic Himalayan landscape.
- **Mountain Panorama:** From the upper reaches, take in the spectacular surroundings, with prominent Himalayan peaks such as **Trishul and Nanda Ghunti** dominating the skyline.

- **Time at the Lake:** Spend a short, mindful period taking in the stark beauty of the icy high-altitude landscape before beginning the return journey.
- **Long Descent Begins:** Carefully descend back towards Bhagwabasa, managing your pace on the steep and uneven sections of the trail.
- **Continue to Bedni Bugyal:** After reaching Bhagwabasa, continue the long descent towards Bedni Bugyal, gradually returning from the barren high-altitude terrain to the expansive alpine meadows.
- **A Demanding Trekking Day:** This is one of the longest and most physically demanding days of the trek. Stay hydrated, protect yourself from the sun, and maintain a steady pace throughout the route.
- **Reach Bedni Bugyal:** Arrive at Bedni Bugyal by evening and settle into the familiar meadow campsite after completing the summit excursion.
- **Overnight Stay:** Relax, enjoy the peaceful surroundings, and get well-deserved rest at the Bedni Bugyal campsite.

Day 7: Bedni Bugyal to Lohajung | Descending Through Forests & Meadows

- **Trek Distance:** Approximately 15 km
- **Altitude:** Bedni Bugyal – approx. 11,500 ft | Lohajung – 7,662 ft
- **Terrain:** Long downhill trail through meadows, forests, and village paths
- **Stay:** Twin-sharing guesthouse at Lohajung
- **Begin the Final Trek:** After breakfast, start the final trekking day with a gradual descent from the beautiful grasslands of Bedni Bugyal.
- **Through Oak & Rhododendron Forests:** Leave the open meadows behind and enter the dense oak and rhododendron

forests once again. Keep an eye out for Himalayan birds and enjoy opportunities for nature photography along the trail.

- **Return to Neel Ganga:** Continue downhill and cross the serene Neel Ganga River, retracing a section of the route covered during the early days of the trek.
- **Long Scenic Descent:** Follow the winding forest trails and pass through familiar mountain landscapes and villages as you steadily lose altitude.
- **Changing Landscapes:** Watch the scenery transform from high-altitude meadows and forests to greener lower-elevation mountain surroundings as you approach Lohajung.
- **Arrival at Lohajung:** Reach Lohajung by late afternoon, completing the trekking section of your Roopkund adventure.
- **Relax & Unwind:** Check into the guesthouse, freshen up, enjoy a warm meal, and take some time to reflect on the incredible landscapes and challenges you experienced along the trail.
- **Overnight Stay:** Spend the night in a comfortable twin-sharing guesthouse at Lohajung and rest after completing the trek.

Day 8: Lohajung to Kathgodam | Farewell to the Himalayas

- **Drive Distance:** Approximately 210 km
- **Drive Duration:** Around 10 hours
- **Mode of Travel:** Taxi or pre-arranged vehicle
- **Expected Arrival:** Around 6:00 PM at Kathgodam
- **Begin the Return Journey:** After breakfast, leave Lohajung and begin the scenic drive back towards Kathgodam, marking the final day of your Roopkund adventure.
- **Retrace the Kumaon Route:** Follow the familiar mountain roads through **Dewal, Gwaldam, Kausani, Almora, and Bheemtal**, gradually making your way out of the Himalayan region.

- **Scenic Mountain Drive:** Enjoy one last opportunity to admire the breathtaking Kumaon landscapes, with terraced valleys, forest-covered hills, winding roads, and distant Himalayan views along the way.
- **Memories Along the Route:** Use the journey to look back on the trek and capture a few final photographs of the mountains and villages that make the Kumaon region so special.
- **Arrival at Kathgodam:** Reach Kathgodam at approximately **6:00 PM**, subject to road and traffic conditions.
- **Journey Concludes:** Your Roopkund Trek officially comes to an end at Kathgodam, leaving you with unforgettable memories of alpine meadows, challenging trails, Himalayan peaks, and the legendary Roopkund.

Pickup Location

- **RR Nagar Gopalan Arcade - 12:00 PM**

Contact Information

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