

# Mysteries Roopkund Lake Trek

## **Few Facts :**

**Max Altitude:** 5029 Mts

**Best Time:** April to November

**Difficulty:** Moderate Trek

Roop Kund Lake is situated at an altitude of 5029 mts. in the interior of the Chamoli district, Roopkund is famous for the mysterious shallow lake of about 2 mts., with the edges covered with snow almost throughout the year. After the snow melts, skeletal remains which are believed to be 500-600 year old, many theories explain the findings but none seem satisfying. The lake is nestled amidst panoramic mountain scenery.

## **Tour Itinerary :**

**Duration:** 12 Nights / 13 Days

**Destination:** Delhi – Haridwar – Lohajung - Didina – Bedni Bugyal - Baguabasa - Roop Kund - Wan - Lohajung Trek - Rishikesh - Delhi

### **Day 01: Delhi**

On arrival, pickup from the Delhi International airport and transfer to hotel. Overnight: Hotel

### **Day 02: Delhi – Haridwar (210 Km/6 hrs)**

Drive to Haridwar. Upon arrival at Haridwar, check into hotel. Late evening you can visit the "HAR KI PAURI" to see the evening prayer ceremony at bank of Ganges.

Overnight: Hotel



### **Day 03: Haridwar - Lohajung (285 kms / 10 hrs)**

Early morning drive to the small hamlet of Lohajung (2213 m), from where the trek begins. Overnight: Lodge

### **Day 04: Lohajung - Didina 2439 mts / 06 hrs walk**

In the morning our team of porters will arrive and we will set off on the first stage of our trek. We have a steady climb up to the Lohajang Col at 2590m which we cross to reach the valley of the Bedni Ganga. We descend on the north side of the pass down to the river before climbing back up to the little village of Didina (2439m) where we camp.

Overnight: Tent

### **Day 05: Didina – Bedni Bugyal**

Today is a steep trek through oak trees and large stands of bamboo up to Ali Bugyal. From here we can enjoy an expansive view of the Garhwal peaks. We continue trekking through thick forests as far as Bedni Bugyal (Bugyal means meadow in the local Garhwali dialect). Very occasionally the brown Himalayan bear can be encountered on

this section of the trail, but it is an elusive animal. From Bedni Bugyal we have an excellent view of the various summits of Trisul (7120m) and the peaks of the north of Garhwal. Bedini Bugyal is a charming green meadow adorned with a myriad of colourful flowers. There is a lake situated in the middle of the meadow where Hindu pilgrims come to bathe, and nearby is a small temple. Overnight: Tent



**Day 06: Bedni Bugyal**

Rest day at Bedni Bugyal for acclimatization Overnight: Tent

**Day 07: Bedni Bugyal - Baguabasa (4100 m)**

After 2 hours of gradual climb up, uninterrupted views of Trisul range and Nanda Ghunti can be appreciated. The trail crosses a hump to reach Bistola and then climbs up to Baguabasa, an improvised stone shelter that is generally used by local pilgrims.

Overnight: Tent

**Day 08: Baguabasa - Roop Kund (5029 m) and back to Baguabasa**

Stupendous views of Trisul and the mountains around. An arduous and spectacular trek for about three hours gets us to Roop Kund, a holy lake surrounded by glaciers and high peaks and situated on the outer rim of the Nanda Devi Sanctuary. Every 12 years thousands of devout pilgrims, carrying a golden idol of the goddess Nanda Devi, undertake a difficult trek to this holy lake from Nauti village, near Karnaprayag.

Overnight: Tent

**Day 09: Baguabasa - Wan (2450 m)**

Return trek to Bedni Bugyal. The trek then makes a long, steep descent through a fine forest of firs and rhododendrons and across a beautiful clearing with much of the track being paved. After crossing a river, a short climb leads to the main valley, at the head of which is Wan. Overnight: Tent

**Day 10: Wan - Lohajung trek**

Morning after breakfast trek to Lohajung. Arrive and check into hotel. Overnight: Lodge

**Day 11: Lohajung - Rishikesh**

After breakfast drive to Rishikesh. On arrival check into Hotel. Evening free. Overnight: Hotel

**Day 12: Rishikesh - Delhi**

Morning free in Rishikesh to visit the Temples and Ashrams and later in the afternoon drive to Delhi. On arrival transfer to Hotel. Overnight: Hotel



**Day 13: Delhi Departure**

Transfer to International Airport