



# JAPAM Yoga Treks & Tours



## Bedni Bugyal

**Area:** Wan, Chamoli District, Garhwal, Uttarakhand

**Duration:** 5 nights, 6 days

**Grade:** Moderate

**Best time:** January to June, October to December

**Total trekking distance:** 37 km

**Total driving distance:** 255 km

**Altitude:** 3 400 m

**Principal interests:** Peaks, Meadows, Flora and Fauna.

**Rishikesh – Lohajung,**

**Lohajung – Didna,**

**Didna – Ali Bugyal,**

**Ali Bugyal – Bedni Bugyal – Gairol Patal,**

**Gairol Patal – Wan – Lohajung,**

**Lohajung – Rishikesh**

Bedni Bugyal trek is one of the most impressive meadow treks in India because of its mountain views on the grandiose Trishul and Nanda Ghunti peaks. In this trek, you'll get to experience the beauty of Indian Himalayas at its greatest, reaching Ali Bugyal and facing these 7 000- and 6 000-meters summits.

This trek conserves its magnificence almost all-year-long. In the winter, the meadow is covered with a thick layer of snow. In spring, the mountain views are the clearest and the air is still fresh from winter. In summer and autumn, you'll be welcomed by a vibrant green carpet of fresh grass.



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## Itinerary

### Day 1: Rishikesh – Lohajung

Distance : 255km by car.

We will meet in Rishikesh for the first time in the early morning and embark on our journey to [Bedni Bugyal](#).

We will take our car for a 255 km drive to the village of [Lohajung](#), where we will stay for the night. This drive will give you the opportunity to observe the beauty of Uttarakhand's mountainous landscapes. We will drive along the [Alaknanda River](#), one of the mainstream of the Ganges, and will pass through [Devprayag](#), [Srinagar](#), [Rudraprayag](#) and [Karnaprayag](#).

On arrival in Lohajung, we will check in at our guesthouse and enjoy a meal. We will then have time to rest and prepare for our trek's start.

### Day 2: Lohajung – Didna

Distance: 6km by car, 4km by walk

This morning, we will wake up early and have breakfast at the guesthouse in [Lohajung](#). We will pack our bags, and embark on a short 6km car ride to the starting point of our trek. We will meet our porters and team and finally start walking.

Today's trekking distance is 4km until the village of [Didna](#), and the trail starts with a descent toward a small village, on a stone-paved way. The path is varied, passing from open landscape with terrace agriculture to forest walks.

Towards the end of our today's walk, we'll cross a small river on a wood bridge. From that point, our path starts climbing up, following the river and in a dense forest.

The way becomes flat and descending again until the [Neel Ganga river](#), which we will cross. After the bridge start a steep ascent on a rocky path. The more you'll climb, the more rewards you'll get for your efforts, with the view on the surrounding mountains slowly coming into sight.

We'll reach [Didna](#) in the afternoon and have time to enjoy the local lifestyle of the community there. We will set up our camps and enjoy tea and snacks. There is a possibility for yoga or meditation practice for those interested (if the teacher is available on the trek). We will enjoy a great meal together and get in our tents for a good night of sleep.

### Day 3: Didna – Ali Bugyal

Distance : 9km by walk.

This morning, we will have breakfast at our camp in [Didna](#). We will pack our bags and start our 9km journey to [Ali Bugyal](#), known highest inhabited village in India, at an altitude of 3 400m.

We can see Ali Bugyal from our campsite in Didna, and we will head towards it following a path used by shepherds. On the way, you'll be able to see groups of sheep grazing peacefully around. During spring, the path is bordered with beautiful rhododendron.

The day is a climbing one, as the path we follow goes up for 9km until we reach the meadow. On arrival in [Ali Bugyal](#), you'll be amazed by the show that is offered to you. The view of the snow capped [Trishul](#) and [Nanda Ghunti](#) peaks on the blue sky will mesmerize you.

We'll have the chance to camp in this incredible place, with a view right on the Himalayas. We will rest, enjoy warm tea and snacks, install our camp for the night, and have a meal together. There will again be a possibility for a yoga session if the teacher is available to go on the trek. After the meal, we will slowly head to our tents for the night.



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## Day 4: Ali Bugyal – Bedni Bugyal – Gairol Patal

Distance : 6km by walk

This morning, we will have breakfast at our camp in [Ali Bugyal](#), still enjoying and amazed by the view of the Himalayan peaks. We will pack our bags and start our 6km journey to [Gairol Patal](#).

The trek will start with a gradual climb in the meadow until we reach the [Bedni Kund lake](#), a popular Hindu pilgrimage site. We'll take the time to visit the temple and enjoy the sight of the mountains on the lake. After a snack there, we will continue our route up to [Bedni Bugyal](#). The meadow is filled with flowers in the summer and beginning of autumn, but the view is beautiful all-year-long.

The path starts going down after Bedni Bugyal and we'll walk in a dense forest with a beautiful flora and fauna until we reach Gairol Patal. Take your time to observe the nature on the way.

We'll arrive in our campsite, an open space in the forest and will take time to rest and enjoy warm tea and snacks. We will install our camp for the night and have a meal together. There will again be a possibility for a yoga session if the teacher is available to go on the trek.

## Day 5 : Gairol Patal – Wan – Lohajung

Distance: 9km by walk, 15km by car.

After an early breakfast, we will start our trekking day of 9km towards [Wan](#).

The trail on this day starts by a 3km steep descent toward the [Neel Ganga river](#), which we crossed on our way up.

After crossing the bridge of the Neel Ganga River, we'll climb progressively in the forest until we reach the [Ranka Dhat](#) village. From there, the path starts descending gradually again until we reach [Wan](#), a small and typical farming village.

On arrival in Wan, we will meet with our driver and take the car for a 15km ride until [Lohajung](#). We will check in into our guesthouse, have time to rest and take a shower. In the evening, we'll enjoy a last dinner together and then go to sleep in the comfort of our room.

## Day 6: Lohajung – Rishikesh

On our sixth morning, we will have breakfast at our guesthouse in Lohajung, pack our bags, and embark on our journey back to Rishikesh. We'll cross the Karnaprayag, Rudraprayag, and Devprayag confluence points, as we slowly go back following the Ganga. We'll reach Rishikesh in the evening, our heart and mind full of the immensity experienced in the trek.

## End of service

### Inclusions

- Transport from Rishikesh with experienced driver.
- Trekking and camping gear (trekking poles, tent, mattress, sleeping bags).
- Trekking permits.
- Food.
- Porters (Clients carry their personal bags)
- Guides (minimum 2)
- 2 nights in a guesthouse in Lohajung (double-shared).

Not included: tips for the guide, porters, and driver, travel insurance, and additional food or drinks bought on the way.

### Trekking material checklist

Jacket, Woolen shirts and thick sweaters, Waterproof jacket with hood or poncho, Trousers, Thermal underwear, 2-4 pair of socks, Long sleeved shirt, T-Shirt.

Gloves, Hat, Sunscreen, Sunglasses, Trekking shoes, Small day bag, Water bottle, Toilet articles, Torch or headlamp.

There is a possibility of bringing your own camping material if you have some with which you are comfortable.

There is also the possibility of renting materials.



## Contact us

Japam Yoga Treks and Tours LLP,  
Near Divine Ganga, Tapovan, Tapoban,  
Narendranagar, Tehri Garhwal,  
Uttarakhand, India, PIN249192

+91 70880 52630

[www.japamtours.com](http://www.japamtours.com)

[infojapam@gmail.com](mailto:infojapam@gmail.com)

 [japamtreks / japamyoga](#)

