



# JAPAM Yoga Treks & Tours



## Brahma Tal

**Area:** Chamoli district, Gharwal, Uttarakhand

**Duration:** 4 nights, 5 days

**Grade:** Moderate-Advance

**Best time:** November - January

**Total trekking distance:** 24 km

**Total driving distance:** 266 km

**Altitude:** 3 700 m

**Principal interests:** Meadows, Lakes, Peaks.

**Activities:** Yoga and/or meditation.

**Rishikesh - Lohajung,  
Lohajung - Bekal Tal,  
Bekal Tal - Brahma Tal,  
Brahma Tal - Lohajung,  
Lohajung - Rishikesh.**

The trek to Brahma Tal is a beautiful winter trek located in the Chamoli District in Uttarakhand. It leads to the alpine lake of Brahma Tal and is surrounded by impressive Himalayan peaks from the start. Its highest altitude goes up to 3 700m. The climb is moderate, being steep but short every day, and it's one of the best treks to experience snow.

From our camp by the lake, you will have the chance to see the Trishul and Nanda Ghunti mountains. You'll also enjoy a beautiful forest walk on the way and have a view on Bekal Tal, another alpine lake.



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## Itinerary

### Day 1: Rishikesh to Lohajung

We will meet in Rishikesh for the first time in the early morning and embark on our journey to Brahma Tal.

We will take our car for a 256 km drive to the village of [Lohajung](#), located at an altitude of 2 300m in the Himalayan Range. On the way, you will have the chance to observe the Garhwal countryside. We will stop for breakfast and lunch on the way, and reach Lohajung in the evening.

Upon arrival in Lohajung, we will check in at our guesthouse and enjoy a meal. We will then have time to rest and get ready for the start of our trek.

### Day 2: Lohajung to Bekal Tal

The trek starts from the small village of Lohajun at an altitude of 2300 m. From this village, you'll have a view of the Nanda Ghunti peak, which is truly amazing and will motivate us for our trek.

On our first day, we will have breakfast early and we'll meet our team for the trek. We will start our trek surrounded by a dense forest of oak and fir trees. We will walk for 4-5 hours before we reach our campsite in Bekal Tal. The way is well-defined and follows a gradual ascent.

After completing our first day of the trek, we will reach the camp and enjoy a meal all together. There will also be a possibility for a meditation and/or yoga session to relieve our tensions while hearing the natural voices of birds and wind.



### Day 3: Bekal Tal to Brahma Tal

We will start our third day early to see the sunset on Bekal Tal and enjoy a good breakfast before starting our trek. Today's hike is 7 km long and involves a steep climb in Oak and Rhododendron forest followed by a gradual ascent. We will then reach the top, where there are almost no trees, and the view opens on mount [Trishul](#) and [Nanda Ghunti](#)'s peaks. We will walk a bit further and reach Brahma Tal, where we will set up our camp for the night.

We'll have some time to walk around and rest a bit while the meal is prepared. There will be time for a meditation or yoga session and we will enjoy a good night's sleep.





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## Day 4: Brahma Tal to Lohajung

On our last day of the trek, we will head back to Lohajung village with our heads full of memories. We will be happy to exchange our tent for the comfort of our accommodation for the night. The rest of the day will be free for relaxation.



## Day 5: Lohajung to Rishikesh

After breakfast, we will pack the car and return to Rishikesh through the beautiful landscapes of Uttarakhand. We will reach Rishikesh by the evening.

## End of service

### Inclusions

- Transport from Rishikesh.
- Trekking and camping gear (trekking poles, tent, mattress, sleeping bags).
- Trekking permits.
- Food.
- Porters.
- Guide.
- 2 nights in a basic hotel/guesthouse in Lohajung.

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

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