



NORTHERN HIMALAYAS

Curating treks and trips the local way.

Northern Himalayas : Office: - Delhi | Gopeshwar | Dehradun |

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Ali-Bedni Bugyal Trek



The subtle delicacy of this Himalayan sojourn enamours one with the grandest grandeur of twin grasslands. Ali Bedni Bugyal trek is the beautiful amalgamation of 2 scenic meadows -Ali Bugyal and Bedni Bugyal. These mammoth meadows stun you with an infinite expanse of green carpet flanked by Himalayan giants of Mount Trishul and Nanda Ghunti. The colossal Himalayan ranges stretching from Chaukhamba to Neelkanth to Mandani, Mrigthuni, and Kedarnath are the prime attractions of the trek. The imposing peaks resplendent with the golden rays of the sun at dawn and dusk are a sight to behold. Meandering trails through thick Conifers and deep dark woods are soaked natural splendor.



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DETAILED TREK ITINERARY

Day 1 – Rishikesh to Lohajung. [Drive 280 km]

- **Altitude 7,650 ft**

Lohajung is the base camp for the Ali Bedni Bugyal trek. The best way to reach here is from Rishikesh. The route, once you cross Rishikesh, is beautiful. You drive along mountain roads, through forests. You also get glimpses of the Garhwal mountains in the distance on a clear day. Once you reach Lohajung, you find yourself face to face with the beautiful Nanda Ghunti peak. If you reach before sunset, the colours of the peak will enthrall you.

Day 2 - Lohajung to Didna Village [Trek - 5km]

- **Altitude gain : 7,624 ft to 8,045 ft.**

After warmup & briefing we begin our trek. We trek through the forest following the Neel Ganga river. The initial trek is downhill till we hit the river. After we cross the river through the metal bridge, the trail winds upwards. After a good climb of around 2 hours, we reach Didina. which is at 2450 meters. There will be a hike of two hours through alpine forests. After the climb, you will be at the ridge that shows some amazing views. There will be a series of open grounds which can be seen from the ridge. Didna and Kulling are the popular villages that are famous as per their allocated season, one is for summer and the other is for winter. You will be spending the night at Didna in the Homestay after the long hike.





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Day 3 – Didna to Abin Kharak/ Khobal Taal To Ali Bugyal

• Altitude 11,122 feet || 9 km to be covered in 8 hrs

We start early today in order to enjoy the best views. There is a brief climb till the Ridge of Ali bugyal. Once we reach the ridge of the trek. it will be fairly easy with long sections of flat walk or gradual ascent. We will walk through the Ali Bugyal with mountains on our both side far in the distance. You will realize on the trek that these meadows are one of the best in the country. As you are walking through the Ali Bugyal, Nanga Ghunti & Trishuli are prominently visible in the East. We trek easy today taking frequent halts. You will get ample time to click pictures, so make good use of cameras today. Our campsite for the day is a forest section between Ali & Bedni Bugyal. It is also called Abin Kharak or Khobal Tal.





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Day 4 - Abin Kharak to Bedni Bugyal and back to Ali bugyal

- **Distance: 12 km | Duration: 12-16 hours**
- **Altitude gain: 11,010 ft to 12,500 ft.**

This is the day when your three days wait will be over. Trek from Ali Bugyal to Bedni Bugyal (3300mtrs) and cross the vast expanse of the green alpine meadows. The prepossessing view of the Himalayan pasture land and the snow-capped Himalayan peaks will make you feel alive. The charming meadow of Bedni is adorned with thousands of colorful flowers in full bloom. Bedni Kund, a pristine lake in midst of this meadow is the sight to feast your eyes on! It is in the vicinity of a small temple, where the devotees pay their obeisance during their halt at Bedni Bugyal. After exploring the area trek back to Ali Bugyal for dinner and have an overnight stay.



Mt. Trishul Massif and Roopkund Lake

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Day 5 - Ali Bugyal to Wan. Drive from Wan to Lohajung.

- **Altitude: 11,070 ft to 7,700 ft. Trek: 13km (approx 7 hrs) Drive: 13 km (1 hr).**

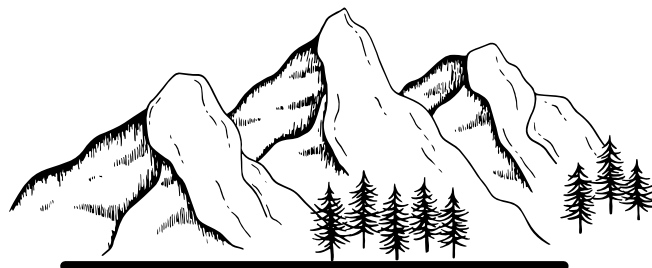
Today is going to be a relaxed day. There is hardly any climb. We trek to the Lohajung back today. There is no clear demarcation between two bugyals. However, the bedni Bugyal has a small pond which is also known as Bedni Kund. Gharoli Patal will be our halting point for the lunch. Post lunch we trek to the Wan Village and from there we drive back to our base camp lohajung and free for rest of the day.

Day 6- Drive from Lohajung to Rishikesh.

[Drive: 280 km]

It's the last day of the trek and time to go back to the lovely home You'll leave for Rishikesh early in the day. You will reach Rishikesh between 7 pm and 8 pm.

Northern Himalayas sincerely thanks you for choosing and giving us this opportunity to serve you well.



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Cost Of The Trek

COST PER PERSON

RISHIKESH TO RISHIKESH - INR 9000 + 5% GST
LOHAJUNG - LOHAJUNG- INR 7500 + 5% GST

THE CANCELLATION CHARGES ARE AS UNDER :

- Cancellations prior to 30 days from the start of the trek– Full Refund.
- Cancellations prior to 29-15 days from the start of the trek – 50% Refund.
- Cancellation prior to 7-14 days from the start of the trek - 20% refund.
- Cancellation prior to 7 days from the start of the trek - no refund.





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INCLUSION

- Accommodation. (Guest house, Home stay, Camping)
- Meals while on trek (Veg.+ Egg)
- Trek equipments: Sleeping bag, mattress, tent , kitchen & dinning tent, toilet tent, utensils and crampon (if required)
- All necessary permits and entry fees.
- First aid medical kits .
- Mountaineering qualified & professional trek Leader, guide and Support staff.
- Transport from Rishikesh to Rishikesh.

EXCLUSION

- Any kind of personal expenses.
- Food during the transit.
- Insurance.
- Any kind of emergency evacuation charges
- Mules or porter to carry personal luggage.
- Anything not specifically mentioned under the head.





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Booking Process

You may make this payment by Cash, Online, or NEFT. Once you done the payment kindly provide us the payment detail through an email and whatsapp. Payment procedure: To confirm your registration you need to pay at least 50% of the Trip fee as an advance and the Rest of the balance is to be paid 2 days prior of the trip. (Through Bank Transfer) alternatively, you can pay on the day of departure after meeting us. seats are booked on a first come first reserved basis.

BANK DETAILS

Ac. Name - Northern Himalayas

Ac. Number- 50200055984102

IFSC CODE : HDFC0009516

G PAY, PHONE PE, UPI No - 9557082496

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Terms and Conditions

- **Backpack carrying:** All trekkers are advised to carry their own backpacks. All common gear will be carried by the support team. If for some reason a trekker is unable to carry his or her backpack, he/she can offload the same by paying an additional charge before they start the trek. No suitcases/trolleys will be allowed.
- **Drop out during trek:** If for any reason a participant has to drop out from the trek on any day then We will help the trekker to reach the nearest road head.
- **Drinking and smoking during the trek are strictly prohibited.** If found flouting the rules, your participation on the trek will be canceled with immediate effect.
- **Numerous factors such as weather, road conditions, the physical ability of participants, etc. May cause itinerary change.** We reserve the right to change any schedule in the interest of safety, comfort, and general wellbeing.
- **In the case of coming back from the Trek without completing the trek up to the summit due to the bad weather and the excess snowfall.** In that case, there will be no refund of any money. As you know we are curating this trip in the peak season so there are high chances of road blocking, route diverting, and long traffic jams so our team has full right to change the itinerary in order to complete the tour in the same amount of times. so there must be the chances of changing staying options due to the conditions which are not in our hand. In such cases, applicants will be chargeable for the amount spends on their stay and food.
- **We shall not be held responsible for any loss/delay/cancellation due to natural calamity, bad road conditions, Roadblocks, or any unforeseen circumstances beyond the control of the any.** In such case our company won't be held responsible for any further expenses bearable, in accordance with Transportation and Accommodations cost.



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Things To Carry.

- A rucksack bag and a day pack
- 1-liter water bladder or water bottle
- A sun cap and a woolen cap
- UV protected sunglasses
- One cotton long sleeves and 2 short sleeve t-shirt
- 1 fleece jacket
- 1 heavy Thick jacket/down jacket
- 1 pair of gloves and neck warmer
- At least 2 long pants (trek pants and cargo pants are favorable)
- thermals
- 2 sets of undergarments
- 4 pairs of socks
- A small towel
- A rain jacket or a poncho
- Above-the-ankle waterproof and breathable hiking boots with good grip.
- Glucose powder
- Medicines for headaches, diarrhea, motion, and altitude sickness
- Dettol, Bandages & Cotton

Personal Accessories

- Toothpaste, toothbrush
- Paper soap, or sanitizer
- Sunscreen minimum of spf40,
- lip balm, cold creams
- Body spray
- LED torchlight Must Carry :
- Authentic Government ID Card
- personal toiletries, toilet paper
- trekking pole
- Power Banks

*Thank
you!*