

# Ali Bedni Bugyal Trek

Journey to the Enchanted Meadows:  
Discover the Splendor of Ali Bedni Bugyal



Live In Himalayas



**Starting Point**

Rishikesh

**Trek Grade**

Moderate

**Highest Altitude**

11000 ft

**Base Camp**

Lohajung

**Best time to visit**

All the year round except monsoon

**Trek Distance**

31 km



# Table of Contents

I. Overview

II. Day wise Itinerary

III. How to reach Rishikesh

IV. Terms and conditions

V. Booking Details





# Ali Bedni Bugyal Trek Overview



If you're seeking a unique mountain adventure, **Live In Himalayas** offers the **Ali Bedni Bugyal Trek in Uttarakhand**. This trek provides breathtaking views of snow-capped peaks and stunning meadows, with Ali Bedni Bugyal being one of the **most expansive high-altitude meadows in Asia**.

The trek caters to both **beginners and experienced hikers**, offering unforgettable vistas of **Mt. Trishul Parvat and Nanda Ghunti**. Nature lovers and photography enthusiasts will enjoy the beautiful valleys, quiet hamlets, deep forests, and vibrant flowers.

In summer, the meadows are especially beautiful with blooming wildflowers and stunning sunsets. You may even spot musk deer and other wildlife. The ideal time to visit is in the summer when the meadows are in full bloom, though the **region is accessible year-round**.



# *Day wise Itinerary*



*Day 1 Rishikesh to Lohajung*

*Day 2 Lohajung to Didna*

*Day 3 Didna to Khobal via Ali Bugyal*

*Day 4 Khobal to Ghairoli Patal*

*Day 5 Trek to Wan and drive to Lohajung*

*Day 6 Lohajung to Rishikesh*





# Day 1

## Rishikesh to Lohajung



This morning, meet the Live In Himalayas representative/driver at **Natraj Chowk, Rishikesh**, at **0630 hrs**. Embark on a scenic **261 km drive**, taking approximately **7-8 hours**, through winding roads and forests with views of the Garhwal Himalayas.

Along the way, stop for breakfast and lunch at local restaurants. Pass three holy confluences: **Devprayag, Rudraprayag, and Karanpryag**. On clear days, enjoy distant views of the Garhwal Himalayan ranges. Arrive in Lohajung by **evening**, a village known for its beautiful scenery and the **local legend of Goddess Parvati**.

**Lohajung is the base camp for the Roopkund Trek**. Check into the guesthouse, meet the team, attend a trek briefing, and enjoy dinner before a good night's rest.





# Day 2

## Trek to Didna



Start your day with breakfast at the Live In Himalaya Guest House/Home Stay before embarking on the **7 km trek from Lohajung to Didna**. The journey, taking approximately **5-6 hours** and gaining an **altitude of 5500 feet**, begins near the Lohajung bus stop. The trail passes through **Raun Bagad**, an iron bridge just under **Didna village**. Along the way, you'll be enchanted by the chirps of swallows and the whistles of thrushes among the **rhododendrons**. Below, the Wan River flows to join the **Bedni Ganga**, where you might spot Lammergeiers with their vast wings.

If you choose the highway route, you'll encounter **Kulling village**, a group of around 20 houses against emerald green stepped hills, before descending steeply to the **Wan River**. Alternatively, a forest path provides an easy descent into the river. After about **two hours**, you'll reach the **iron bridge at Raun Bagad**, a grassy bank along the river, **an ideal spot for camping**. Once across the river, the trail zigzags up to Didna, a relatively easy climb that may tire your legs. Reaching Didna in about **one and a half hours**, follow the trails around the village edge to the **Didna campsite, located approximately 200 feet above the village**. Enjoy an overnight stay in trekking tents, with all meals provided.





# Day 3

## Trek to Khobal from Didna via Ali Bugyal



Begin your day with breakfast, then embark on the **9 km trek from Didna to Ali Bugyal**, which takes approximately **6-7 hours** and involves an **altitude gain of 3050 feet**. Ali Bugyal, situated at **3400 meters (11,000 feet)**, offers breathtaking views and lies atop a mountain visible from the previous campsite. The trail takes you through meadows where shepherds graze their sheep, and you might hear their stories and witness the beauty of spring rhododendrons, as well as oak and birch trees.

As you ascend, the trees thin out, revealing the stunning green meadows of Ali Bugyal. After a **3-4 hour climb**, you'll reach the meadow, one of the trek's highlights, with views of grazing horses and the white Himalayan peaks, particularly **Trishul mountain**. From Ali Bugyal, it's a 30-minute walk to Bedni, where you'll camp for the night. Enjoy exploring **Bedni Kund and the local temple** before resting in the trekking tents. All meals are provided, ensuring you have a comfortable and rejuvenating experience.



# Day 4

## Trek to Ghairoli Patal



Begin your day with a hearty breakfast, preparing for the **7 km trek**, which will take approximately **6-7 hours**. This part of the journey includes **gaining altitude at Bedni Bugyal and descending to the campsite**. As you pass through the lush Bedni meadows, you'll be greeted with stunning views of the Himalayan mountains and vibrant flowers during the summer. This picturesque setting is a popular destination for many tourists.

The attraction goes beyond the grasslands, with **Bedni Kund offering beautiful reflections** of the surrounding hills on its surface. Enjoy a relaxing afternoon in the meadows, savoring your packed hot meal. After your break, continue your trek towards **Ghairoli Patal**, descending through a tall forest teeming with diverse flora and fauna. Be cautious on the downhill route to avoid mishaps. Finally, reach Ghairoli Patal, an open grassy area nestled between thick forests, and set up camp for the night. All meals are provided, ensuring you have a comfortable and rejuvenating experience.





# Day 5

## Trek to Wan and drive to Lohajung



Begin your **7 km trek** from **Gehroli to Wan**, which takes approximately **5-6 hours** and involves an **altitude gain of 2750 feet**. The journey starts with a ridge climb towards the **Neel Ganga River**, which the fastest trekkers can reach within one and a half hours, while slower trekkers may take two hours. The forest section leading to the river is stunning, and the bridge along the Neel Ganga provides an excellent spot to refresh and cleanse from the long hike. Encircled by trees, the cool and refreshing water courses over rocks in the shaded area.

Once you leave the river, it's only a one-hour climb to the ridge above **Wan village**. Multiple routes lead to the base of Wan village, eventually converging at Kasar Bagad near a hydroelectric project. The descent to **Kasar Bagad** takes about one and a half hours and is quite steep. Alternatively, you can take the main trail from the top of the ridge in Wan, leading to the **ancient Cyprus trees** at the bottom of the village. These trees, thousands of years old, are a sight to behold. From Wan, it's a 30 km drive (approximately 45 minutes) to Lohajung, where you can enjoy an overnight stay in trekking tents with all meals provided.



# Day 6

## Drive to Rishikesh



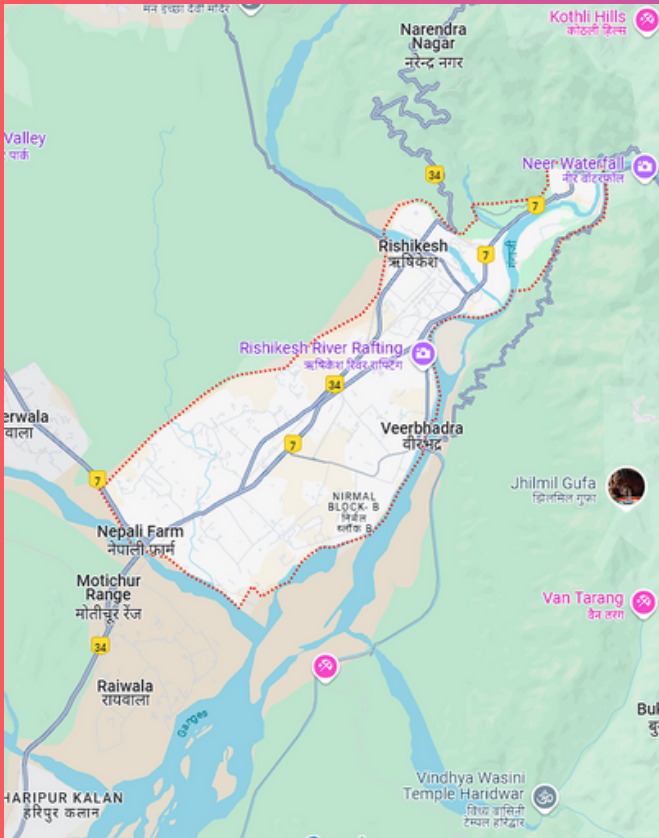
*On the final day of the trek, rise early to savor your last breakfast amidst the serene hills. With no accommodation provided for this day, you'll soon board the pickup vehicle for your journey back. As you leave behind the beautiful landscapes and cherished memories of the trek, the ride back to Rishikesh will offer time for reflection on the adventures experienced and the natural beauty witnessed. The scenic drive will be a fitting end to your trek, passing through picturesque locales and winding roads.*

*Once you reach Rishikesh, the long journey will be complete. You'll carry with you the tranquility of the mountains and the satisfaction of having accomplished an unforgettable trek. The final leg of the trip allows you to bid farewell to the hills, the camaraderie of fellow trekkers, and the enriching experience of immersing yourself in nature. Enjoy the peaceful ride and take in the last glimpses of the majestic landscapes.*





# How to reach Rishikesh



- **By Train:** The most common and budget-friendly option is to take a train from Delhi to Rishikesh. The journey takes approximately 7 hours. Trains depart from various stations in Delhi, including the main Delhi Junction
- **By Bus:** Buses are another popular option, with several daily services operating between Delhi and Rishikesh. The bus ride takes around 5-6 hours, depending on traffic and road conditions. Buses usually depart from Kashmiri Gate ISBT in Delhi.
- **By Flight:** You can also fly from Delhi to Dehradun and then take a taxi or bus to Rishikesh. The flight takes about 30 minutes, and the road journey from Dehradun to Rishikesh takes around 1 hour.
- **By Car:** If you prefer a more flexible option, you can rent a car or drive your own vehicle. The road distance is approximately 240 km, and the drive takes around 4-5 hours.



# Trek Essentials

## Basic Gear

Back pack & rain cover	(50 - 60 ltr) with comfortable shoulder straps
Day pack + rain cover	20 - 30 ltr (If hire a mule or porter)
Walking stick	Advisable (At least one)
Head torch	1 Nos.
Water bottle/Hydration pack	2 bottles of one litre each
	People who use hydration pack (1 hydration pack and 1 bottle of one liter)
	Carry at least one thermos flask
Snacks	Energy bars, dry fruits, electrol/ors
Personal Medical Kit	Consult your doctor





# Trek Essentials

## Basic Gear

Back pack & rain cover	(50 - 60 ltr) with comfortable shoulder straps
Day pack + rain cover	20 - 30 ltr (If hire a mule or porter)
Walking stick	Advisable (At least one)
Head torch	1 Nos.
Water bottle/Hydration pack	2 bottles of one litre each
	People who use hydration pack (1 hydration pack and 1 bottle of one liter)
	Carry at least one thermos flask
Snacks	Energy bars, dry fruits, electrol/ors
Personal Medical Kit	Consult your doctor



## Clothes and jackets

T-shirts	2 Full sleeves (Non-cotton)
Fleece T-shirts	1 Nos.
Fleece jacket	1 Nos. (Alternative: a woollen sweater)
Down feather / Hollofil jacket	1 Nos.
Wind & waterproof (jacket & pant)	1 Pair
Thermal inners (upper and lower)	1 Pair
Trek pants	2 Synthetic (avoid shorts, fitting denims, capris)
Poncho	1 Nos.

## Headgear

Sun cap	1 Nos. (One that covers the neck as well)
Woolen cap	1 Nos.
Balaclava	1 Nos.



## Clothes and jackets

T-shirts	2 Full sleeves (Non-cotton)
Fleece T-shirts	1 Nos.
Fleece jacket	1 Nos. (Alternative: a woollen sweater)
Down feather / Hollofil jacket	1 Nos.
Wind & waterproof (jacket & pant)	1 Pair
Thermal inners (upper and lower)	1 Pair
Trek pants	2 Synthetic (avoid shorts, fitting denims, capris)
Poncho	1 Nos.

## Headgear

Sun cap	1 Nos. (One that covers the neck as well)
Woolen cap	1 Nos.
Balaclava	1 Nos.





Neck-gaiters	1 Nos.
Woolen cap	1 Nos.
Sunglasses	Dark with side cover, it should be U/V protected.

**Foot Gear**

Trekking shoes	1 Pair (Waterproof, high ankle with good grip)
Floater/flip-flops	1 Pair (Optional)
Cotton socks	5 pairs
Woollen socks	3 pairs
Gaiters	1 Pair (Live In Himalayas team will notify you if required)

**Keep these handy**

Waterproof gloves	1 Pair
Fleece/woollen gloves	1 Pair



## Personal utilities to carry

Sunscreen  
cream

Toilet Paper &  
wipes

Hand sanitizer

Toothbrush and  
toothpaste

Moisturiser

Lip balm

Antibacterial  
powder

Quick dry towel

## Packing your backpack

With a backpack, organization and easy access are key. Use these essential packing tips as a guide.

Store essentials such as sunscreen, a compass, maps, and guidebooks in an outer pocket

Waterproof bags should be used to store items that must stay dry, particularly spare clothing and your sleeping bag

Carry your water bottle upright where it's accessible

Lighter items such as sleeping mats and bags should remain at the bottom of the backpack

Pack raingear at the top where you can get it quickly

Keep first aid items accessible

Heaviest items should sit between your shoulder blades and as close to your back as possible

Store fuel bottles upright and outside the pack

Put your tent in a waterproof stuff sack and strap it to the outside of your backpack





# *Terms and conditions*

## Price includes:

- Accommodation in homestays or camps during the journey.
- Transport to and from pick up point. Vehicle will depend on the group size.
- Vegetarian and nutritious meals on trek. It would include breakfast, lunch, dinner, tea/coffee, snacks, soup. A group can have 1 meal of choice in the day which needs to be informed 10 days prior of the journey date.
- Trek equipment that includes high quality dome tents (triple/quad sharing), sleeping bags, Sleeping Mattress, Liner, Kitchen tent, Dining tent, utensils, toilet tents, gaiters and campons (if needed).
- Technical equipment for safety, walkie talkies for communication as there would be no network coverage.
- Certified trek leaders and guides that will ensure your safety, well being and make sure that you enjoy your trek.
- First aid medical kits, stretchers, oxygen cylinders, BP machines etc would be available for any mishap.
- All necessary permits and camping fee for the trek site.
- 24 x 7 customer service to help you with any query.

## Price does not include

- Any kind of personal expense during the trip.
- Food during the transit (Dehradun to Sankri and return).
- Mules or porter to carry personal luggage. Anything not specifically mentioned under the inclusions.
- Any kind of emergency evacuation charges.
- GST (5%) on the booking amount.

## Note

- Transport can be shared depending on group size. Minimum 6 travelers needed if you don't want to share) You are expected to carry personal luggage by self. If you wish to offload, mules can be hired on extra charge with prior information.

## Charges for offloading personal luggage

- INR 700/- if you confirm 10 days prior to journey start date.  
INR 900/- if you inform after reaching Lohajung
- The backpack should not weigh more than 11 kgs. It should have a waterproof cover as Live In Himalayas will not be responsible for any damage during the transit.
- Suitcases/trolley bags will not be allowed.



# Cancellation Policies

In the event of cancellation of trek/adventure activity services due to any avoidable / unavoidable reasons we must be notified of the same in writing. Cancellation charges will be effective from the date we receive advice in writing, and cancellation charges would be as follows: -

- **Cancellations prior to 24 days from the start of the trek**

Book any other trek till one year or get 95% refund (Note: If the trek charges are more, the balance needs to be paid by the trekker)

- **Cancellation between 24 days and 14 days to the start of the trek**

Choose to go for the same trek, with any other batch, till year or get 70% refund

- **Cancellation between 14 days and 10 days to the start of the trek**

Choose to go on the same trek, in the same season, with any other batch or get 50% refund.

- **Cancellation less than 10 days to the start of the trek**

Transfer your trek (same trek, same batch) to your friend. No cash refund.

## Note:-

1. Change of trek batch is dependent on the availability of seats in the batch.
2. In case of transferring a trek to a friend, he/she should satisfy all the mandatory requirements put forward by LIVE IN HIMALAYAS.
3. LIVE IN HIMALAYAS holds the right to change/cancel the policies, without prior notice.





Contact us for booking



Dehradun, Uttarakhand, India

91 8360 017525