

## *Roopkund Mysterious Lake*



Roopkund is situated in Chamoli district of Garhwal Himalaya. The road head for Roopkund is Loharjung 155km from Almora, 217km from Nainital and 235km from Kathgodam. Roopkund situated at a height of 5029m in the lap of Trishuli massif. This area is usually called is the 'mystery lake', since human skeletons and remains of horses from the Paleolithic age were found here.

The lake is surrounded by rock-strewn glacier and snow clad peaks. The starting point of the trek is Loharjung, easily approached by motor from Almora. Roopkund can also be reached by Ghat, connected by a motorable road with Nanda Prayag situated on the main highway of Badrinath. The trek of Roopkund passes through lush green grassy land and conifer forest clinging into the slope of hills. The trek thereafter winds its way along the Pindar River. Then to round off this trek, one can approach Homekund via Shail Saundra's glacier and then move on Ghat. Bedni Bugyal and Bhagwabasa are the most beautiful places in this trek. You must found lots of "Bramhakamal" near Bhagwabasa. The best time of come here is last week of August to last week of October. You must have 8 days to trekking for Roopkund. It is a 40 km trek from road head.

**Area:** Garhwal Himalayas  
**Duration:** 16 Days.  
**Altitude:** 4463 mts /14638 ft  
**Grade:** Moderate to Challenging  
**Season:** May - June & Sept - Oct

### **Day 01: Arrive Delhi**

On arrival at Delhi airport meet our representative and then transfer to hotel for overnight stay.



**Day 02: Delhi – Haridwar – Srinagar** (125 kms/4-5 hrs)

In the morning catch an AC Train from New Delhi station at 06:55 hrs. Arrival at Haridwar by 11:25 hrs and then drive towards Srinagar. On arrival check in to hotel. Overnight stay.

**Day 03: Srinagar – Karnprayag – Wan** (2200 mts /7200 ft) (170 kms/6-7 hrs)

The day starts with a beautiful drive along the river Ganges. Enroute visit the famous Prayags (confluences) of historic as well as religious importance. Devprayag is the most pristine as it's the place where Bhagirathi and Alaknanda meet to form most revered Ganges. Continue to drive further via Rudraprayag and Karanprayag to reach Wan by evening. Dinner and overnight stay in tents/tourist rest house.

**Day 04: Wan – Bedni Bugyal** (3350 mts/11000 ft) (10 Km/ 4-5 hrs)

The day starts with the beautiful walk through the village of Wan. The school kids, farmers ploughing their fields, women with their cattles is common sight while passing through the village to the ridge of Rankiyadhar. From here the frontiers of the village ceases and the trail descends to the river Neelganga. After the river crossing it's a steep climb through the dense forest of Rhododendron and Oak to Gairoli Patal. The trail still continues to climb to the ridge top called Dolia Dhar which is marked with a temple. From here there is a bifurcation to the Ali meadows. After this the trail traverses on the left and slightly climbs to the meadows at Bedni, probably one of the best camping sites in the Garhwal Himalayas. Overnight stay in tents.

**Bedni Bugyal**

Bedni Bugyal is a charming green meadow adorned with flowers in a spell binding varieties, in full bloom. There is a small lake called Bedni Kund situated in the midst of the meadow, where Tarpans are offered by the devotees. Situated nearby is a small





temple where the devotees pay their obeisance, during their halt at Bedni Bugyal. The peaks of Nanda Ghunti, Trishul are real sites to admire.



#### **Day 05: Bedni Bugyal**

Rest day for acclimatization/exploration. Overnight in tents.

#### **Day 06: Bedni Bugyal – Bagubassa (4100 mts/13450 ft) (8 km/ 4-5 hrs)**

The trail from Bedni continues to climb gradually on the true left of the valley to the ridge at the end of the meadow. The peak of Nanda Ghunti and Trishul are real sites during this hike. From here the trail moves on to the true right of the valley and becomes almost flat until it reaches Patar Nachaniya. From here the trail ascends steeply to reach the top of the ridge marked with the Temple of Ganesha. After this it's a kilometer walk to reach Bagubassa. The campsite at Bagubassa is marked with rocky structures.

Bagua means flowery park and Basa means place. And rightly the place was full of variety of flowers including the rare Bhram Kamal, a special godly lotus found at only and between the altitudes of 14000 - 15000 ft. Overnight in the tents.

#### **Day 07: Bagubassa - Roopkund (4450 mts/14600 ft) – Bedni Bugyal (7-8 hrs)**

The trail from Bagubassa is prominent as it gradually passes through delightful alpine pasture lands offering magnificent views of the Trishul, Nanda Ghunti and Badrinath peaks. On the later part the trail becomes steep until you reach the lake. When there is no snow one can see human skeletons remains with flesh attached to it. These remains have been preserved in the alpine condition for centuries. It is believed that these are the remains of about 300 persons



who died about 500 -600 years ago. Later start retracing your steps towards Bedni Bugyal. Overnight in the tents.



**Day 08: Bedni Bugyal - Wan** (10 km/ 3-4 hrs)

The trek from Bedni to Wan is real fun. The walk is maximum down hill gives an opportunity to enjoy forest trail. This will take 3-4 hrs. Overnight in the tents.

**Day 09: Wan - Rishikesh** (270 km/ 10 hrs approximately)

After an early breakfast drive to Rishikesh. Lunch enroute. Arrival at Rishikesh by evening. Upon arrival check into hotel for dinner and overnight stay.

**Day 10: Rishikesh - Haridwar - Delhi**

Early in the morning transfer to Haridwar railway station and from here catch an AC train for Delhi at 06:30 hrs. Arrival at Delhi by 11:50 hrs and then transfer to international airport to catch onward flight.

**Trip and services ends.**

**Trekking Equipments List**

1. Trekking boots - well broken in and waterproofed
2. Down jacket or equivalent with hood
3. One heavy wool shirt or sweater
4. Two cotton shirts
5. One pair cotton trousers or shorts
6. One pair woolen trousers
7. One pair shorts or calf-length skirt for women
8. Three pairs of regular underwear
9. Long underwear - thermal or wool
10. Wind- and rain-gear with hood



11. Sun hat with brim
12. Woolen hat or balaclava
13. Woolen gloves
14. Woolen socks to wear with boots
15. Cotton socks
16. Personal first-aid kit including medication for common ailments
17. Flashlight with extra batteries
18. Sunglasses or snow goggles (an extra pair is recommended)
19. Water bottle, preferably wide mouthed, with at least one liter capacity
20. Pocket knife
21. Note book with pens and pencils
22. Plastic bags - small size for books, film etc., larger bags for clothes, sleeping bags
23. Well fitting strong shoes with a couple of woolen socks. The shoes should be used before treks to avoid blisters.
24. First aid set for minor accidents and sickness.
25. A raincoat is necessary to meet uncertainties of weather.
26. Chocolates, lozenges, candies, glucose and dry fruits provide extra pep and energy.
27. It is advisable not to exhaust energy by walking fast, as otherwise the trek will be not enjoyable.