



[Trek to ROOPKUND \(THE MYSTERY LAKE\) & JURANGALI RIDGE](#)

NATURE OF TRIP	Trekking
LOCATION	Garhwal Himalayas, Uttarakhand
DURATION	6 Days (Kathgodam - Kathgodam)
TREKKING DAYS	5 Days
MAXIMUM ALTITUDE	Roopkund & Jurangali ridge (4600-4750m)
GRADE	Moderate+
SEASON	May-Jun, Sep-Oct
ACCOMODATION	Alpine Camping - 4 Nights Hotel/Eco lodge - 1 Nights
GROUP SIZE	Maximum of 15 persons
DEPARTURE DATES	

SEP	OCT
16,23,30	7, 14

...We welcome you to join us on this memorable trip to the Himalayas



BRIEF DESCRIPTION OF THE TREK

For many years, Roopkund, the beautiful and mysterious lake has held the attention of trekkers not only because of the enchanting landscape surrounding it but also because of the presence of several bones and skeletons that can be seen in its waters. For years no one could figure out what had happened. The mystery has finally been solved by an international team which found out that around 850 AD, a group of pilgrims faced an unusually severe hailstorm which caused hundreds to die.

The trek route to Roopkund lies in the remote parts of Chamoli district in Garhwal which is famous for its high quality treks. The Roopkund trail is a classic case of experiencing both, the beauty and the beast. Only here the beast is equally if not more enchanting.

On one side you get a great opportunity to hike through a beautiful inviting forest section, cross a meandering stream, walk on the unusually green and world famous high altitude meadows called Ali bugyal & Bedni bugyal only to be welcomed by an intimidating high altitude environment where one gets to see Himalayan giants like Trishul (7120m) & Nanda Ghunti (6310m) at very close quarters. As one approaches the higher reaches, the terrain becomes more barren with possibility of having to walk through snow. Roopkund is a small lake in a depression and is mostly covered in snow all year round. The final stage upwards of Bhagubasa can be testing so be prepared for some hard work but rest assured you will be suitably rewarded. On your way back, you will be crossing an almost oasis like place called Wan. It is a small village, the kind that tempts you to hang your boots and settle down in this paradise. To walk on this trail a certain amount of fitness is required especially if you are a first timer for trekking, so do plan your trip in advance and prepare for it.

ITINERARY

DAY 01: Kathgodam to Lohajung (2130m) *Drive/250 kms/8-9 hrs*

We will meet at Kathgodam railway station at 7:00 a.m. and from here board a vehicle and be driven up to Lohajung. This is a long but interesting drive. You will initially drive along beautiful Kumaon mountains via Almora and Kausani. Later we get into Garhwal region and continue to drive upto Lohajung. On arrival check into guest house. Overnight in a guesthouse/tents.



DAY 02: Lohajung (2130m) – Didana (2550m) *Trek/5-6 hrs*

Today's walk is gradual apart from the last stretch to

reach Dedina village. The walk is through an enchanting mixed forest abundant in bird life so carrying a bird book will be a good idea. You will cross a few crystal clear streams that means opportunities to experience the 'Himalayan Bite', the sting that you get from cold streams and also walk through a couple of villages to appreciate a lifestyle typical of the terrain. After about 4 -5 hrs of walking, initially going downhill and then up again, you will reach the campsite above Didana village getting full view of the trail for tomorrow leading to the famous Ali & Bedni *bugyals* (meadows). Overnight in tents.

DAY 03: Didana (2550m) – Bedni bugyal (3350m) *Trek/6-7 hrs*

Today after a steady ascent through thick oak forest we will come to the alpine grazing meadows called Ali bugyal. It's a super place for taking a break and to enjoy the views of unending vistas in all directions and if the sky is clear you will be mesmerized by the views of the Trishul peak. From here on it's a pleasure walk till Bedni bugyal with the gradient being moderate. Bedni bugyal is a very fine camping site with vast open views and grazing pastures all around, not to forget the close views of the Trishul & Nanda Ghunti peaks. Overnight in tents.



DAY 04: Bedni bugyal (3350m) – Bhagubasa (4100m) Trek/5-6 hrs

You will start climbing up the slopes of the meadow and trek up to the ridge on top from where there are fine views. You will have to crest another ridge coming to the shrine at Kalu Vinayak. From here there are fabulous views of Neelkanth, Chaukhamba & Hathi peaks. From here on, depending upon the season you will find snow in varying quantities. The terrain also becomes a bit rocky. Short distance from here is the desolated campsite at Bhagubasa. Today in the final stages one might feel slightly out of breath due to the altitude one will get comfortable in sometime after one spends some time here. Overnight in tents.

DAY 05: Bhagubasa (4100m) – Roopkund & Jurangali (4750m) – Bedni bugyal (3350m) Trek/8-9 hrs

The day is going to be full of adventure and give you a great feeling of having achieved something. We will start early and mostly make it to the lake in about 2.5-3 hrs. You will climb through moraine, rock gardens and snow patches to reach the periphery of the mystery lake. This trail is steep at sections and there are possibilities of it being under snow for about 9-10 months. Your stamina is sure to be tested. On tricky sections, if required our guides will help you negotiate the trail. If there is not too much of snow around the lake you will get to see human bones and skeletons. Roopkund is a crater like formation in the mountains. The mystery around the lake has apparently been solved recently and these bones and skeleton in such large numbers has been attributed to a massive hailstorm which, centuries ago, caught many pilgrims' by surprise. There are spectacular views from the region. You will spend some time here and also have the option of climbing up a short distance towards the ridge of Jurangali (20 mins). You spend some time here taking pictures and then retrace your steps to Bedni bugyal. This is a long walk down and we will take lots of rest in between. Overnight in tents.

DAY 06: Bedni bugyal (3350m) – Wan (2550m) – Kathgodam Trek/3-4 hrs & Drive/7-8 hrs

Trek down through jungles of pine, rhododendron & oak to reach Wan, a village you are sure to fall in love with. Visit the village temple and rest for some time. Our trek will end here and we will board the vehicles which are waiting for us to drive down to Kathgodam. Arrive around 8 pm at Kathgodam. The trip ends here.

COST OF THE TRIP

1 Trek tariff

- Double sharing basis (2 persons sharing a tent & room) – **Rs. 12,500 /-** per person
- Single sharing basis (1 person to a tent & room) – **Rs.15,700/-** per person

2 Transport tariff (ex-Kathgodam) as per the itinerary)

Rs. 3400 /- per person

TREK TARIFF INCLUDES

- 1. 2 guides for the group** of maximum 15 trekkers so 1 guide for 8 group members. This will ensure high safety and more information and personal attention which are necessary to appreciate a trek. All our guides are professionally trained and have many years of relevant experience in guiding treks.
- 2. Accommodation** in a hotel/guesthouse at Barsu on single/ double occupancy. Accommodation will be in a basic but neat & clean hotel/guesthouse

3. High quality Camping arrangements

We believe that roughing it out necessarily doesn't mean sleeping in smelly sleeping bags, compromising on safety by using low quality equipment and having unappetising meals. We focus on your safety, basic comforts and the environment while camping. Keeping this in mind, the following equipment is provided on the trek:



- 3/4 season imported alpine tents
- Fresh and clean sleeping bags of very good quality
- Good quality Camping Mattresses
- Camping stools
- Mess Tent
- Toilet tents (2) with portable toilet seats
- First Aid / Medical kit

4. **All meals** starting from dinner on Day 1 till breakfast on Day 6. A lot of emphasis is given to nutritional needs and a menu of vegetarian dishes is prepared accordingly. Tea/coffee will be served throughout
5. **Porter/mule charges** for carrying camping equipment & rations
6. **Forest entry charges, permits & camping fee** (if any)
7. **First aid kit** (our guides are certified in handling first aid situations)

TRANSPORT TARIFF INCLUDES

Do keep in mind that transport is a very critical component of your trek. This aspect is most often not given proper attention and can result in lot of discomfort especially in the mountains. We provide transfers to get you to the starting point and back as comfortably and in as less time as possible for you to enjoy the trip. We only use quality vehicles like Toyota Innova, Mahindra Xylo, Mahindra Scorpio, Tempo Traveller, etc. and no local jeeps or similar vehicles are used except where there are short transfers to and from start and end trek points etc. The transport tariff includes all driver charges, fuel, parking, toll and taxes.

COST DOES NOT INCLUDE

- Service Tax 4.5%
- Porter/mule charges to carry your personal bag
- Any meals/services not mentioned above
- Any charges for video cameras, still cameras, etc.
- Soft drinks, beverages, etc.
- Personal expenses like tips, telephone calls, laundry, etc.
- Any costs arising out of unforeseen circumstances like landslides, road blocks, bad weather, etc.
- Insurance



OTHER OPTIONAL CHARGES

1. **Charges for a porter/mule to carry personal bag throughout the trek (not more than 10 kgs):** Rs. 1250 for the entire trek

PAYMENT TERMS & CONDITIONS

- Rs. 3500/- as booking amount and the balance to be paid 30 days before the start of the trip.
- Payment to be made by Bank Transfer/Cheque/DD in favour of ANALA OUTDOORS (P) LTD. payable at Ahmedabad.
- Payment for this trip will not be adjusted against any future trips

Cancellation Charges (of the total amount):

• Minimum	25%
• Between 45 & 31 days	50%
• Between 30 & 15 days	75%
• Last 14 days	No refund

IMPORTANT INFORMATION

Weather Details

In the initial days of the pre monsoon season (May-Jun) there will be snow along the latter part of the trail which generally melts by end June. Days are going to be sunny and warm (12-20 °C) while the night temperature at the highest campsite would be in the range of -2 to 6 °C. In the post monsoon season (Sep-Oct) there is hardly any snow at the start with possibility of snowfall towards the end of the season, which also melts very fast. The days are sunny with temperatures hovering around (10-16 °C) the evenings start getting cold with the onset of October and nights are comparatively colder (- 5 to 5 °C).

Please keep in mind that the above information is not exact and does not account for sudden changes. Whatever the temperatures and conditions rest assured we will be prepared to handle it with ease as we use equipment of very high specifications

LIST OF ESSENTIALS

Mountain/adventure travel requires one to be adequately equipped with the right kind of personal gear. Since one is travelling in the wilderness there will be hardly any opportunity to buy anything once you hit the trail so we urge you to carefully pack everything into your bags.

- Shirts / T-shirts – 2/3
- Jeans / Trekking Pants - 2
- Windproof jacket of decent quality (no flimsy wind cheaters please!) preferably with a hood
- Warm and thick Fleece / Full-sleeve Woollen sweater
- Thermal inner wear (upper & lower)
- Woollen cap
- Woollen gloves
- Woollen socks & regular socks (3-4 pairs)
- Scarf/muffler (optional)
- Comfortable Trekking/Hiking shoes (shoes with a thick sole are recommended)
- Lightweight floaters/sandals/slippers
- Raincoat / Poncho
- Small light weight towel
- Water bottle (sturdy ones, no empty Bisleri bottles!!)
- Cap / Hat to keep the strong sun away from your face
- Sun glasses
- Walking stick / Trekking pole
- Sunscreen Lotion
- Lip Balm
- Torch / Flashlight (with extra batteries)
- Medicines, if requiring any specific medication
- Personal toiletries
- Books, if you like reading
- Day pack/small bag which you will carry on your back every day and keep your essentials in it
- Carry rain cover for your bags
- Keep a few poly bags or waterproof bags in your bag in which if required you can put your belongings in case of heavy rain
- Camera if you like (with fully charged batteries)

...LOADS OF ENTHUSIASM!! AND A PLEDGE TO LEAVE NO TRACE

Carry your stuff in a duffel bag, soft shoulder bag or a rucksack. Avoid suitcases, trolleys or any other hard luggage. As you will be walking long distances carrying a rucksack, avoid bringing unnecessary items on the trek. Please avoid carrying expensive watches, jewellery and electronic items on the trek.

NOTE: In case you are planning to put your bag on a mule or taking a porter please get a duffel bag or rucksack and keep it in mind that there is a possibility that the bag at times might brush against a rock or a tree and get slightly damaged so don't get very expensive bags. Also in case of damage we shall not be held accountable.

[Our Trekking Code](#)

We are mountain lovers and have pledged to bring no harm to them in our pursuit of running organised wilderness travel in the Himalayas and seek your assistance too in this regard. We are more than convinced that one can have more fun on a trip if we go about it in a way that no harm is caused to the ecology. In this regard we have a set of guidelines that we adhere to based on the tenets of 'Leave No Trace' & 'Tread Light' policies. These guidelines are very simple and emphasise on travelling in small groups, better planning, understanding impact of camping, proper waste disposal, respecting local cultures, sensitivity towards wildlife and so on.

[Acclimatisation & high altitude sickness](#)

This is one of the most important aspects of travelling in the high Himalayas and cannot be ignored or set aside. Acclimatisation basically means our body adjusting to lower levels of oxygen (rarefied air) & reduced air pressure as we move up. In case one does not acclimatise properly there are chances of the person facing extreme discomfort and this can be fatal in extreme cases. While there is no set route to getting properly acclimatised there are a general precautions and steps that one can take to initiate good acclimatisation. Our trekking guides will assist you with these steps.

[Trek grading system](#)

Moderate On these treks one is not required to trek for more than 5/6 hrs a day. Also the terrain is not too difficult. These treks are normally a week or so long. For these treks prior trekking experience is not necessary. Very rarely on these treks would one camp at altitudes higher than 3800m. These treks are great for first timers or for veterans wanting to go on a trail which is relatively less demanding

Moderate+ These are moderate treks with mostly one difficult day. These trails are fine for fit beginners also.

DISCLAIMER

Anala Outdoors (P) Ltd. takes utmost care to ensure safety of its clients. However in the case of any unforeseen mishaps, Anala Outdoors (P) Ltd. will not be liable for any injuries caused or for loss of life. All disputes arising due to the above are subject to the jurisdiction of the courts in Ahmedabad only. All participants would be required to sign an Indemnity Form before the start of the program, without which they would not be allowed to take part in the trip/program/activities.