

SPRIT OF FREEDOM



ROOPKUND TREK



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LOCATION

UTTARAKHAND, INDIA



BEST TIME

MAY, JUNE, SEPTEMBER,
OCTOBER



DESTINATION

ROOPKUND TREK



TAKE A PHOTO

SUNRISE, SUNSET,
SNOW CAPED MOUNTAINS,
LAKE



DIFFICULTY

MODERATE



HIGHEST ALTITUDE

16,000 ft



AVERAGE TEMPERATURE

DAY TIME: +13°C to +18°C
NIGHT TIME: -05°C to +7°C



BASE CAMP

LOHAJUNG



DURATION

8 DAYS & 7 NIGHTS



LAST ATM

KATHGODAM



TREK DISTANCE

54 KMS



SHORT ITINERARY



DAY 1:

PICKUP TO YOU FROM KATHGODAM RAILWAY STATION – DRIVE TO LOHAJUNG VILLAGE | TOTAL DISTANCE – 210 KM – 9/10 HOURS JOURNEY

DAY 2:

TREK FROM LOHAJUNG TO VIA WAN TO GHAIROLI PATAL | \TREK DISTANCE – 5.5 KM – 4/5 HOURS

DAY 3:

TREK FROM GHAIROLI PATAL TO ALI BUGYAL AND BACK TO GHAIROLI PATAL

DAY 4:

TREK FROM GHAIROLI PATAL TO PATAR NACHAUNI VIA BEDANI BUGYAL | 11 KM TREK

DAY 5:

TREK FROM PATAR NACHAUNI TO BHAGWABHASA VIA KALU VINAYAK | 5 KM – 5/6 HOURS

DAY 6:

TREK FROM BHAGWABASA TO ROOPKUND (15,756 FEET), FURTHER JUNARGALI TOP (16,156 FEET). RETURN TO PATAR NACHAUNI



SHORT ITINERARY



DAY 7:

TREK FROM PATTHAR NACHAUNI TO LOHAJUNG VIA BEDNI AND WAN AND BACK TO LOHAJUNG | 15 KM – 8/9 HOURS TREK

DAY 8:

DRIVE FROM LOHAJUNG VILLAGE TO KATHGODAM RAILWAY STATION | 210 KM – 8/9 HOURS JOURNEY





ITINERARY

DAY 1

**Pickup to you from Kathgodam railway station – Drive to Lohajung village |
Total distance – 210 km – 9/10 Hours journey**

Our vehicle picks you up from Kathgodam Railway station and en routes to Lohajung, the journey is of 9/10 hours. Have your breakfast and lunch on the way. We will go through the region of Kumaon and valleys of Shivalik mountain ranges. The road takes you through picturesque places with beautiful forests and curves with mountain views in the backdrop. Temperature is mostly cold here as we gain height while going upwards and it is rainy and foggy most of the time. Dinner and overnight stay in a hotel or home stay



ITINERARY

DAY 2

Trek from Lohajung to via Wan to Ghairoli Patal | Trek Distance – 5.5 km – 4/5 Hours

After having breakfast your trek begins, you will be moving towards Wan Wan is a small village with few people living there, this place looks peaceful. You can spot variety of birds here, the climate is invigorating; you can feel the freshness in the air. Take a break here after your break ascends to the village, the trail is narrow which takes you through houses and pasturelands to a small stream, the water in this stream comes from Neel Ganga. The trail is through the evergreen alpine forest. Reach the top of the ridge it will take two hours to reach there, the views from here are entrancing and magnificent, you will see open lands on the lap of the mountains. Reach your destination Ghairoli Patal you will reach there through dense forest, the campsite looks alluring, set up your camps in the desired area, hot lunch will be served dinner and overnight stay in tents.



ITINERARY

DAY 3

Trek from Ghairoli Patal to Ali Bugyal and Back to Ghairoli Patal

Today is crucial for acclimatization as we embark on our trek to Ali Bugyal from Ghairoli Patal. The morning is crisp and invigorating, and the trail winds through lush green forests. As the altitude gradually increases, the air becomes thinner, demanding slower and steady progress.

Reaching Ali Bugyal is like stepping into a painter's canvas. Vast meadows stretch as far as the eye can see, adorned with wildflowers and dotted with grazing sheep. The panoramic view of snow-capped peaks is breathtaking. We spend the day exploring the bugyal, soaking in the high-altitude sun and marveling at nature's splendor. As the day draws to a close, we retrace our steps back to Ghairoli Patal, our bodies adjusting to the increasing altitude.



ITINERARY

DAY 4

Trek from Ghairoli Patal to Patar Nachauni via Bedani Bugyal | 11 km trek

The trail from Bedni campsite to Patar Nachauni is an inviting start. It unfurls gently, a leisurely meander through a landscape that opens up before you. Bedni bugyal, a sprawling meadow, offers a clear view of the path for the next three kilometers, a promising ribbon disappearing into a mountain saddle.

Once you cross that divide, the trek unveils a new chapter. The scenery, a dramatic shift from the familiar, captivates with its raw beauty. A striking contrast emerges as remnants of winter's icy embrace cling to the mountain slopes on the opposite side, a stark reminder of the mountain's ever-changing moods.



ITINERARY

DAY 5

Trek from Patar Nachauni to Bhagwabhasa via Kalu Vinayak | 5 km – 5/6 Hours

After breakfast, start your trek to Bhagwabhasa (14,126 feet), it is a 6km long trek, and it takes 5 to 6 hours to reach there. The story behind this place is dancers were converted into stones because goddess Nanda cursed them. Patthar-stone Nachauni- dancers. Walk towards Bhagwabhasa and the same trail will take you to Kalu Vinayak temple, to reach the temple you have to trek 2kms by gaining 200ft altitude. The path isn't easy, it is uneven and zig-zag in shape so walk carefully because a single mistake can be very dangerous, this climb is worth your every effort because the top will mesmerize you. It is very windy there because the altitude increases, oxygen decreases at this level, take breaks and drink water while ascending. Kalu Vinayak - The temple has a traditional design and made of stones but it looks beautiful and unique.



You can feel spirituality in the atmosphere there. Visiting a temple at such a high altitude is very interesting and people who love to explore can only understand this. When you reach the temple from there you can see Roopkund the place which you are going to visit the next day and your final destination. Also, The view of glittering beautiful amongst all Mt. Trishul on one side and Nandaghunti on the other. Now, follow the trail which not leveled, it will take you to Bhaguabasa which is 1 km away from here. The trail is rocky and is not easy to cross, take breaks and continue walking reach Bhaguabasa, the place is a barren piece of land but during monsoon, flowers bloom in this region. Set up your tents there and dinner and overnight stay in tents.



ITINERARY

DAY 6

Trek from Bhagwabasa to Roopkund (15,756 feet), further Junargali Top (16,156 feet). Return to Patar Nachauni

Early morning we will provide hot tea or coffee then we will leave for Roopkund with packed breakfast because in the morning you can have a clear view of the mountains and later they get covered by the clouds. Today's trek to Roopkund is difficult ascending and 400 meters to Junargali Dhar Top summit (5029 meters). Roopkund is a glacial lake at high altitude also known as "Mystery Lake" because the human skeletons from ancient times are found here and can be seen inside the lake when the ice melts. You can spot those skeleton on the edge of the lake, you will be lucky enough if you spot them. After a steep climb, you will see Nanda Devi temple visit that temple from there you can get scenic views,click pictures spend time



there and if the weather is good you can visit Junargali Top which is (16,000 feet) when you reach top it is very windy there, You will be amazed while standing at Junargali top, the sense of confidence you will feel would be one of the best feeling. Now return to Patar Nachauni you have to go through Bhagwabhasa the descend is more difficult because while ascending trail was steep and the trail becomes thrilling while coming down, Spend your time in peace and relax your body and mind. Dinner and overnight stay in tents.



ITINERARY

DAY 7

Trek from Patthar Nachauni to Lohajung via Bedni and Wan and back to Lohajung | 15 km – 8/9 Hours trek

Today is the last day of your trek so cherish these moments and move towards Lohajung. The trail is through the dense forest there are big and thick trees, this place is rich in flora and fauna. At Wan village, A famous temple of Latu Devta in which there is puja organized by the villagers. You can visit this temple or take a break here. Descend and you will enter a forest region and there are trees all around. Then reach the banks of river Neel Ganga continue walking and visit a wan village, It is a small village surrounded by mountains and from there back to Lohajung by Taxi. Dinner and overnight stay at tourist guest house.



ITINERARY

DAY 8

Drive from Lohajung village to Kathgodam Railway station | 210 km – 8/9 Hours journey

After the exhilarating trek, it's time to make the long drive back to civilization. The journey from Lohajung village to Kathgodam Railway Station spans approximately 210 kilometers and is expected to take 8-9 hours. Winding through the mountainous terrain, the drive offers one last opportunity to soak in the breathtaking Himalayan scenery.

The goal is to reach the Kathgodam Railway Station between 6:30 PM and 7:00 PM, allowing for ample time to board the train and begin the homeward journey. As the sun begins its descent, casting long shadows across the landscape, the drive becomes a serene and reflective experience.

INCLUSIONS

- 1. Meals while on trek (Veg.).**
- 2. All necessary entry fees and permits.**
- 3. Accommodation:- Guest house / Camping during Trek.**
- 4. Mountaineering qualified & professional trek Leader, guide, cook, and Support staff.**
- 5. First aid medical kits, stretcher, and oxygen cylinder.**
- 6. Trek equipment: Sleeping bag, mattress, tent, kitchen & dining tent, toilet tent, utensils, and crampon (if required)**
- 7. Staff Insurance.**
- 8. Porters/mules to carry central equipment.**

EXCLUSIONS

- 1. Any kind of personal expenses.**
- 2. Food during transit.**
- 3. Mules or porters to carry personal luggage.**
- 4. Insurance.**
- 5. Transport (Non Ac)**
- 6. Any kind of emergency evacuation charges**
- 7. 5% GST**
- 8. Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/ cancellations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.**
- 9. Anything not specifically mentioned under the head.**

FITNESS/ DIFFICULTY

A high altitude trek in the Himalayas requires substantial fitness. Your body needs to train itself to tolerate more work with lower levels of oxygen. Therefore, on treks, cardiovascular training is essential.

As a measure of your fitness, we require you to be able to run at least 5 km in 40 minutes by the time your trek starts. If you are 45 years or above, try to cover 5 km in 50 minutes. This is a minimum requirement.

If you prefer cycling over running, then try to cover 20 km in 60 minutes.

Unable to perform the same can make your trek difficult. Trekkers who have not adequately prepared might be asked not to continue the trek at any point.

The team of Himalayan Daredevils has the right to reject trekkers who do not meet our eligibility requirements at the base camp

Cancellation Policy

Life is unpredictable and we understand that sometimes you have to cancel or change your trip dates and it is our endeavor to make it as easy as possible for you. However, please understand that we plan everything including guide fees, permits, accommodation and ration in advance. Therefore, any cancellation means inconvenience and certain losses to the people involved in various stages of the programme. Keeping that in mind, our cancellation charges are as below -

Cancellations prior to 30 days from the start of the event: Get a monetary refund with 15% of cancellation charges.

Cancellations between 30 days and 15 days to the start of the event: 50 % refund as cash.

Cancellations less than 15 days to the start of the event: No refund.

Cancellations will be accepted only by email.

Note: The Himalayan Daredevil reserves the right to cancel a programme before departure in the event of logistical problems arising due to natural calamities, strikes, wars or any other circumstances that make the event inadvisable. In this case, we will refund 50% of the event fees.

Itinerary Changes & Trip delays:

We plan itineraries based on the information available at the time of planning and in rare circumstances, they are subject to change. In the event that the itinerary is changed or delayed due to unforeseen circumstances such as bad weather, transportation delays, government intervention, landslides etc., we will always aim to give you the best experience possible. However, The Himalayan Daredevils not be held responsible for the cost of delay or changes.

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