



ALI BEDNI BUGYAL TREK

Discover Yourself on the Trail!



www.himalayandaredevils.com



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TREK OVERVIEW



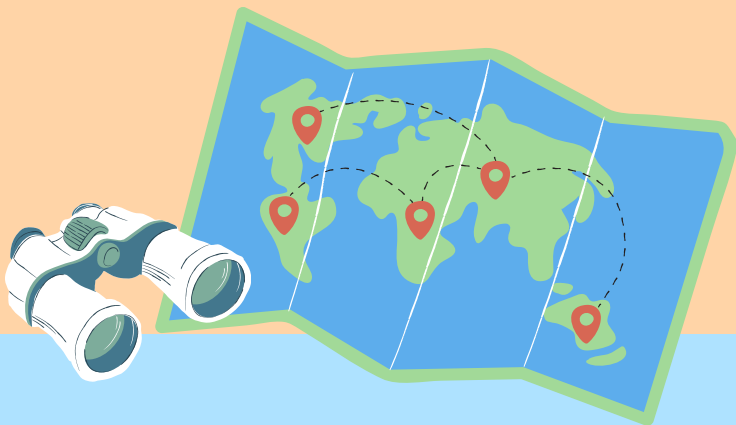
LOCATION

Uttarakhand, India



DISTANCE

32 Km



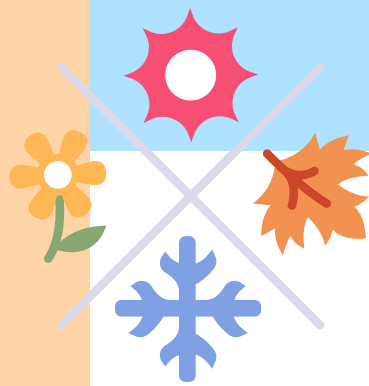
MAX ALTITUDE

12100 Ft



LAST ATM

Purna



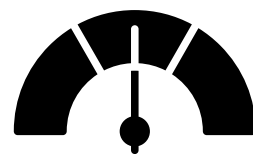
BEST SEASON

Mar, Apr, May, June,
Sep, Oct



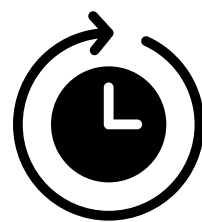
BASE CAMP

Lohajung



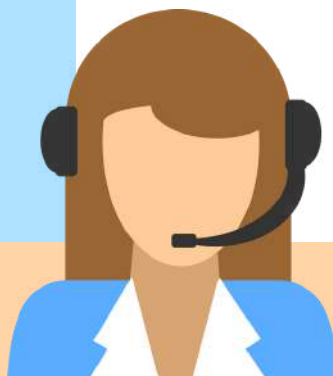
DIFFICULTY

Easy



DURATION

6 Days & 5 Nights



SERVICE FROM

Lohajung to Lohajung
Rishikesh to Rishikesh



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SHORT ITINERARY



DAY 1

Drive from Rishikesh to Lohajung

DAY 2

Drive from Lohajung to Wan Trek to Gehroli Patal

DAY 3

Trek from Gehroli Patal to Abin Kharak via Bedni Bugyal

DAY 4

Trek from Abin Kharak to Didna

DAY 5

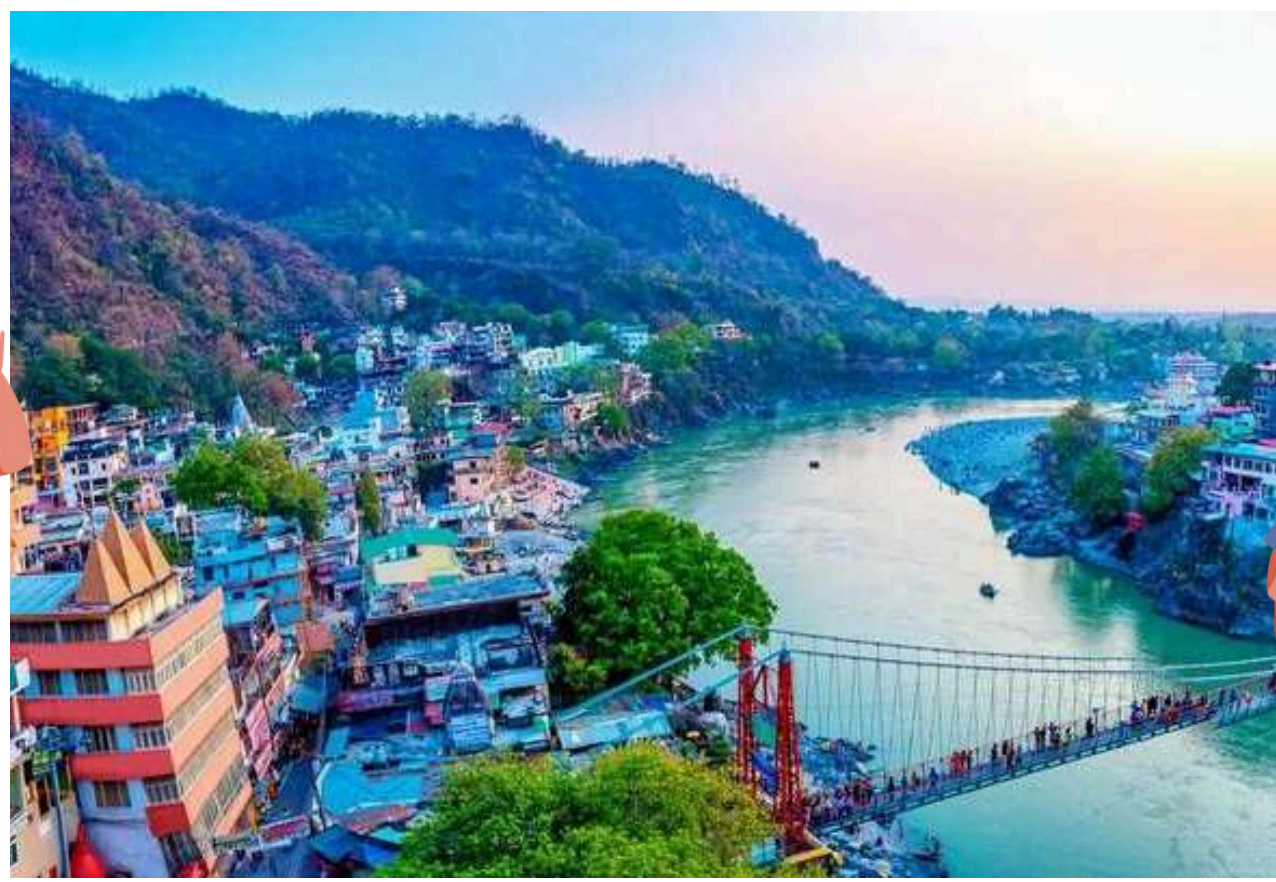
Trek from Didna Kulling. Drive to Lohajung

DAY 6

Drive from Lohajung to Rishikesh



ITINERARY



DAY 1

(Pickup Day) Drive from Rishikesh to Lohajung

The journey to Ali Bedni Bugyal begins with a scenic 7–8 hour drive to Lohajung, the trek's base camp. Passing through lush hills and winding mountain roads, the route offers stunning views of the Garhwal Himalayas. Upon arrival, the majestic Nanda Ghunti peak greets you. Lohajung, a charming village surrounded by forests, is perfect for acclimatization before the trek. While some trekking gear is available locally, it's best to come prepared.





DAY 2

Drive from Lohajung to Wan Trek to Gehroli Patal

The trek begins with a 45-minute drive from Lohajung to Wan, followed by a scenic hike past ancient cypress trees and the revered Latu Devta temple. Ascend to Ranaka Dhar for panoramic valley views before descending to the serene Neel Ganga river. From here, a gradual 3-hour climb through oak and rhododendron forests leads to Gehroli Patal, the first campsite, offering stunning views of Mt. Trishul—an ideal spot to rest for the night.

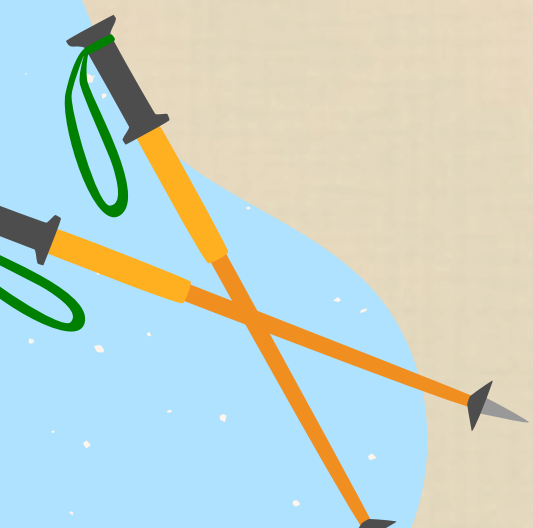




DAY 3

Trek from Gehroli Patal to Abin Kharak via Bedni Bugyal

The trek continues through dense oak and rhododendron forests, leading to the stunning Bedni Bugyal. A short ascent brings you to Bedni Top, the highest point of the trek, offering breathtaking views of Mt. Trishul and Mt. Nanda Ghunti. The weather shifts dramatically, adding to the mystique of the landscape. Descend along the Roopkund trail before heading towards Ali Bugyal, where vast meadows, grazing horses, and rolling clouds create a dreamlike setting. The journey then leads to the serene Abin Kharak campsite on the ridge.





DAY 4

Trek from Abin Kharak to Didna

Wake up to the breathtaking views of Ali Bugyal's rolling green meadows. Feel the earth beneath your feet as you stand on a vast ridge stretching in all directions. After breakfast, begin your descent from Abin Kharak to Didna village, passing through scenic valleys and cotton fields. Along the way, enjoy panoramic mountain views before trekking through dense oak and rhododendron forests. Finally, reach Didna, a secluded village by a clear stream, offering a serene campsite with stunning valley views.



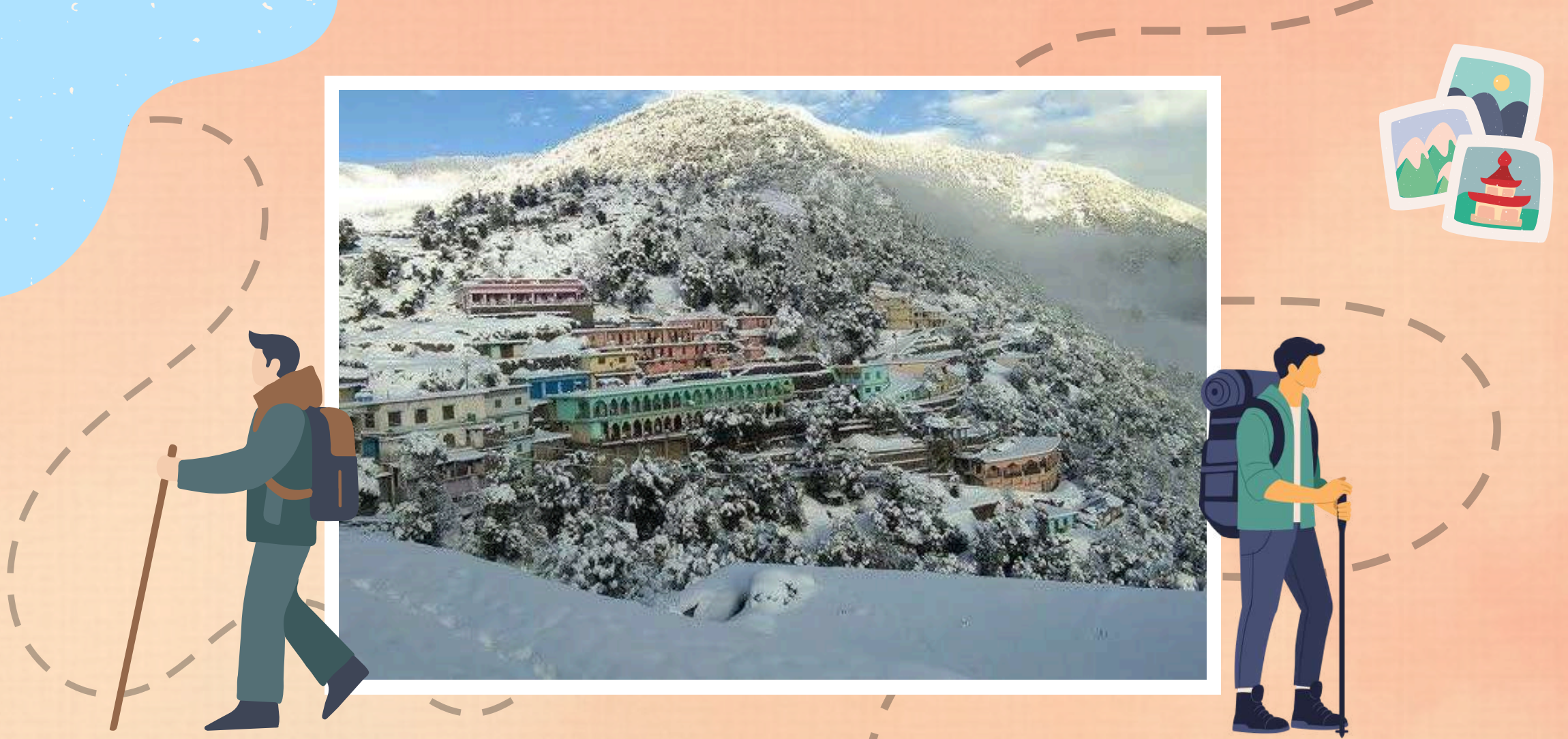


DAY 5

Trek from Didna Kulling. Drive to Lohajung

Descend from Didna village along a steep zig-zag trail, passing through forest edges and meadows. Listen to birdsong as you reach the iron bridge over the river, marking the trek's midpoint. At Raun Bagad, enjoy the serene confluence of the Wan River and Bedni Ganga. The final stretch leads to Lohajung via Kulling village or a scenic forest trail. By early afternoon, arrive at Lohajung to relax after a fulfilling trek.





DAY 6

Drive from Lohajung to Rishikesh

Begin your return on Day 6 as you drive back to Rishikesh from Lohajung, slightly over 200 km. The drive is long, taking anywhere from 8 – 10 hours, making it quite a pleasant one as well as there are hills and valleys to gaze upon. The smooth curves of the roads pass through little settlements, stepped agriculture as well as wide green stretches. With the view of the mountains behind, it is now the range of hills all along that bring the outline of the Ganges river as one closes in on Rishikesh. It has been a long day for you and as you put your feet up, the memories of the Ali Bedni Bugyal Trek will surely come flooding.



TREK MAP

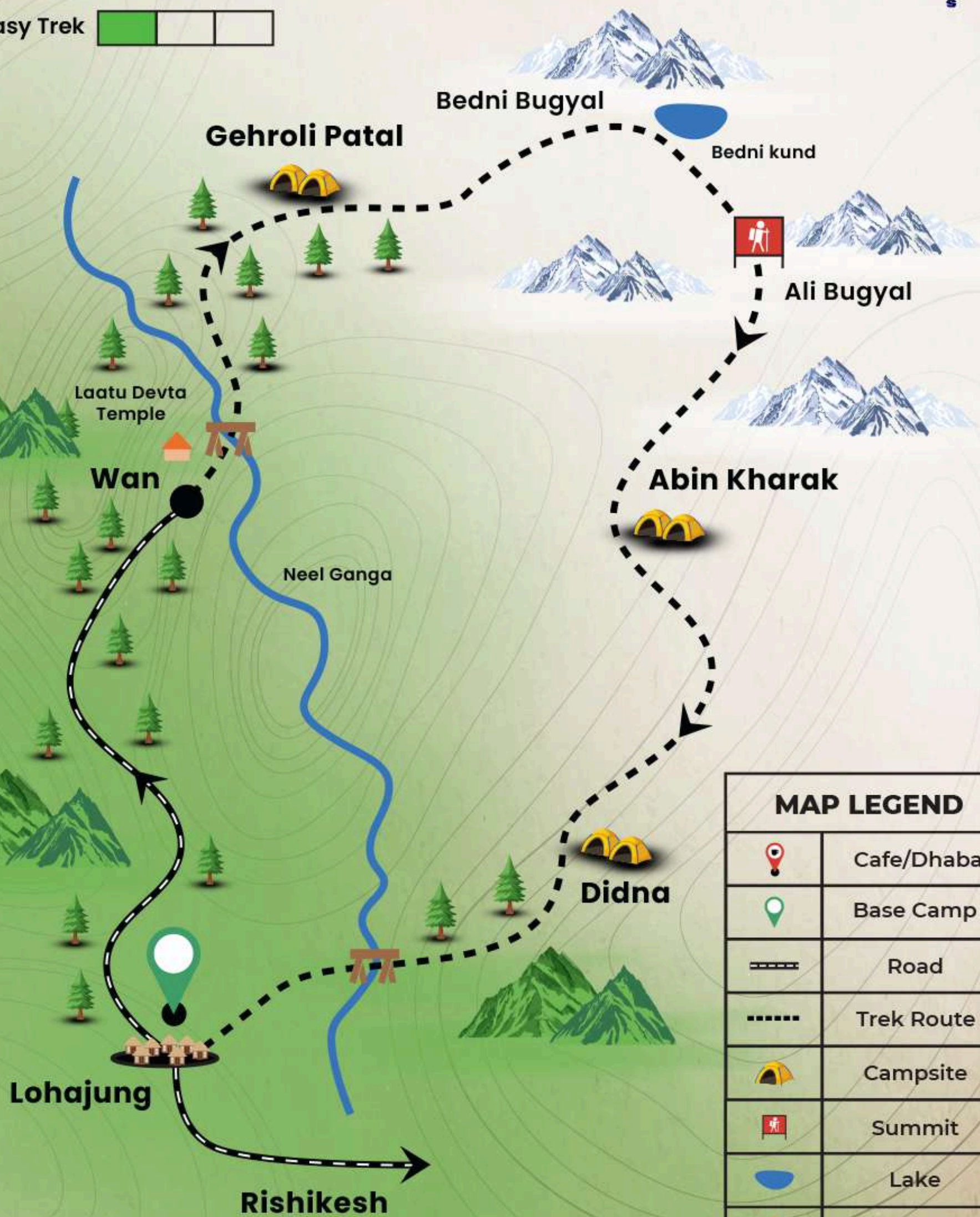


Ali Bedni Trek Map



Difficulty Level

Easy Trek 



*Map is not scaled



INCLUSIONS



- Meals while on trek (Veg).
- All necessary entry fees and permits.
- **Accommodation:-** Guest house, Home stay, camping during Trek.
- Mountaineering qualified & professional trek Leader, guide, cook and Support staff.
- First aid medical kits, stretcher and oxygen cylinder.
- **Trek equipment:** Sleeping bag, mattress, tent (twin sharing), kitchen & dinning tent, toilet tent, utensils and crampon (if required)
- Staff Insurance.
- Porters/mules to carry central equipment.





EXCLUSIONS



- Any kind of personal expenses.
- Food during transit.
- Mules or porters to carry personal luggage.
- Insurance.
- Transport (Non Ac)
- Any kind of emergency evacuation charges
- 5% GST
- 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.
- Anything not specifically mentioned under the head.



WHAT TO CARRY



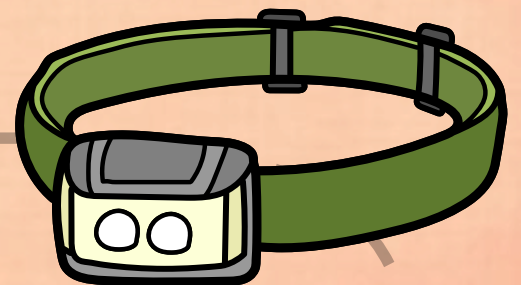
TREKKING SHOES



BACKPACK



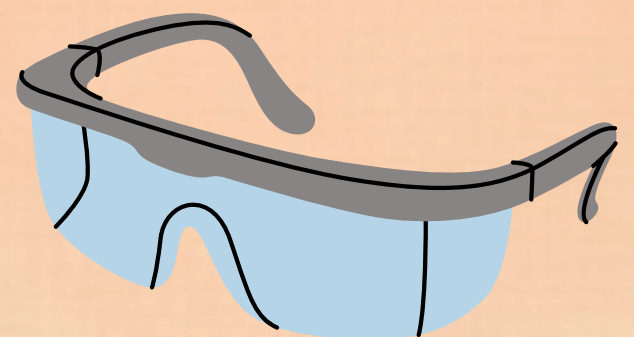
HAND GLOVES



HEAD LAMP



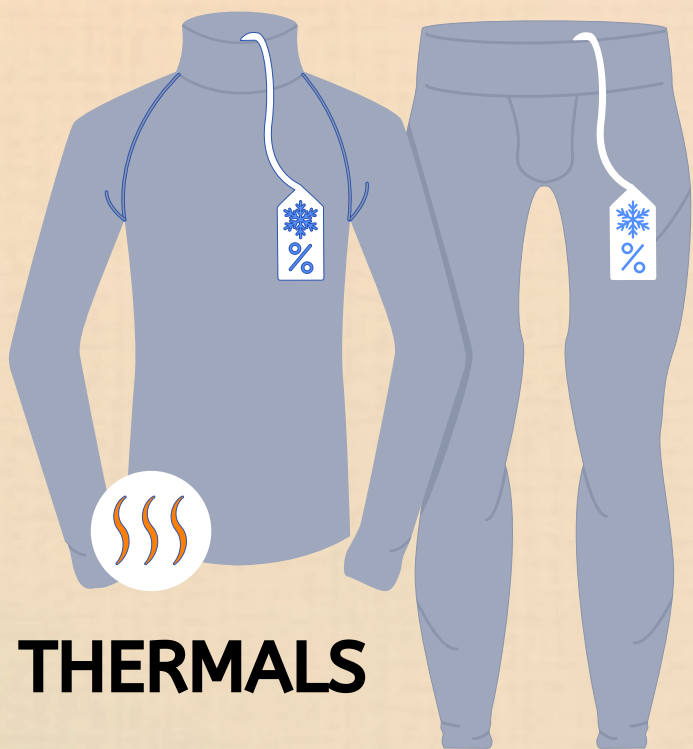
LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

It is essential for everyone to arrive at Rishikesh (06:00 am)

Pick-up Location - Tapovan, Laxmanjhula,

Once you have reached Rishikesh, HDD will manage the rest of your travel arrangements, if you have opted for HDD's pick-up service, you can select this option during the booking process by adding it as an add-on.

Options to reach Rishikesh - First, you can arrive at Delhi, Dehradun airport or Chandigarh. The journey from these locations to Rishikesh is explained below.

1. Take overnight train/bus to Rishikesh.
2. Take overnight train/bus to Haridwar and drive to Rishikesh (25km | 35 min drive with normal traffic).
3. Take overnight train/bus to Dehradun and drive to Rishikesh (50km | 1hr 20min drive with normal traffic).



HOW TO REACH

We always recommend going for the govt. Buses over the private ones outside the bus station as based on the experience we have found that there are very high chances of delay involved with private buses. Also, govt. Buses are always more reliable. Whichever bus you choose, just make sure to reach Rishikesh at least by 05:30 am.

4. Board a flight to Dehradun airport (Jolly Grant Airport) (21 km, 30 min). If you're arriving by air, then come one day in advance.

The designated drop-off point is Tapovan, Rishikesh. Reach in Rishikesh by 4:00 to 6:00 pm.

Please consider planning your subsequent travel arrangements after 10:00 pm.



HOW TO REACH

Note - In July and August month always have a buffer day in your Itinerary due to Monsoon.

It's highly advisable to keep a buffer day in your travel plan. If the buffer day is not needed, it can be used to explore Rishikesh.

If you prefer to travel independently to Base camp and don't want to take HDD's pick-up service, you can either take a government bus or book a private cab from Rishikesh. Your trek coordinator will provide guidance on how to arrange for the bus or cab booking.

HDD offers comfortable transportation through Tempo Traveler, Bolero, or equivalent vehicles. If you wish to upgrade your mode of transportation, please contact your trek coordinator for further assistance.



FITNESS REQUIRED

We recommend jogging as the best routine to get fit for a trek. It works on the same muscles that you use while trekking – your calves, glutes and hamstrings. It helps increase your stamina day by day. It is also an easy routine that does not require any equipment or tools.

Fitness target:

To do this trek comfortably, you must be able to cover 5 km in under 35 minutes. This is the minimum fitness required for this trek.

How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins.
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.



CANCELLATION POLICY

Life is unpredictable and we understand sometimes you have to cancel or change your trip dates and it is our endeavour to make it as easy possible for you. However, please understand 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 programme. Keeping that in mind, our cancellation charges are as below-

Cancellation prior to 30 days from start of the event: Get monetary refund with 15% of cancellation charges on trek fee.

Cancellation between 30 days and 15 days to the start of event: 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

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

**Please note cancellation will be only accepted by email.
Booking amount is non refundable.**



CANCELLATION POLICY

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arriving due to natural calamities, strikes, wars or any other circumstances that makes the event inadvisable. In this case, 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Itinerary changes & trip delays:

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

CONTACT US



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