

UTTARAKHAND · CHAMOLI · HIMALAYA

Ali Bedni Bugyal Trek

6 days · 5 nights · Easy – Moderate · summit at 3,658 m

₹8,950

per person + 5% GST · EMI available at checkout · Free Trekking Gear (refundable deposit)

DURATION

6 days

GRADE

Easy – Moderate

HIGHEST POINT

3,658 m 12,000 ft

TREK DISTANCE

21 km

ABOUT THE TREK

Ali Bedni Bugyal at a glance

Trek fee per person

₹8,950

+ 5% GST ₹448

₹9,398 all-in

EMI available at checkout

Book at

trekkaro.com/trek/ali-bedni-bugyal-trek

Free Trekking Gear

Decathlon trekking shoes, a -10°C jacket, trekking poles, gaiters and microspikes come with your booking (₹3,000 refundable deposit + ₹200 washing charge). Tents and -20°C sleeping bags are part of the trek.

WHY TREK WITH TREKKARO

- ✓ World's only Free Trekking Gear company, since 2018
- ✓ Groups capped at 20 · one leader or guide for every 8
- ✓ Certified trek leaders, oximeter checks, first-aid kit
- ✓ Hot, fresh meals cooked at camp
- ✓ 4.7 on Google · 4.9 on Facebook
- ✓ Free rescheduling up to 8 days before

For half an hour the path is stone steps, oak trunks and the low, dark roof of the rhododendron forest. Then, almost in a single line, the trees stop. The ground in front of you turns to open grass that rolls away in every direction, the sky widens, and the snow-clad peaks of the high Himalaya step out from behind the ridges. In our experience, few moments in the mountains of Uttarakhand change the feel of a trek as completely as that first step onto Ali Bugyal.

The Ali Bedni Bugyal trek is built around two of the highest alpine meadows in Uttarakhand. Ali Bugyal comes first, a wide green carpet of grassland dotted with wildflowers. Bedni Bugyal follows, rising gently to Bedni Bugyal Top at 3,658 m, where Mt Trishul (7,120 m), Nanda Ghunti, Chaukhambha and Neelkanth line the skyline. Just below the top lies Bedni Kund, also called...

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Spring-Summer (Mar-Jun)

Day 8°C to 15°C, Night 0°C to 7°C

Autumn (Oct-Nov)

Day around 10°C, Night down to -8°C

The itinerary

1 DAY 1

Arrival at Lohajung (2,316 m / 7,600 ft)

about 250 km drive from Rishikesh, 8–10 hrs

The Ali Bedni Bugyal trek starts with a full day on the road. Set off from Rishikesh early, around 6:30 AM, and you reach Lohajung by evening without pressure.

2 DAY 2

Lohajung (2,316 m / 7,600 ft) to Wan (2,438 m / 8,000 ft)

15 km drive, 1 hr; then trek to Ghairoli Patal (3,205 m / 10,515 ft); 6 km, 4–5 hrs

The morning begins with a 15 km drive from Lohajung to Wan, about an hour. Wan is the starting point of the trek and one of the largest villages in Chamoli.

3 DAY 3

Ghairoli Patal (3,205 m / 10,515 ft) to Abin Kharak (3,410 m / 11,185 ft) via Ali Bugyal (3,450 m / 11,320 ft)

4 km, 3 hrs

Today is short, but it starts with work.

4 DAY 4

Abin Kharak (3,410 m / 11,185 ft) to Ghairoli Patal (3,205 m / 10,515 ft) via Bedni Bugyal Top (3,658 m / 12,000 ft)

5 km, 4 hrs

This is the summit day of the trek, and a gentle one.

5 DAY 5

Ghairoli Patal (3,205 m / 10,515 ft) to Wan (2,438 m / 8,000 ft)

6 km, 4–5 hrs; then drive to Lohajung (2,316 m / 7,600 ft); 15 km, 1 hr

The last trekking day retraces the route you climbed on Day 2.

6 DAY 6

Lohajung (2,316 m / 7,600 ft) to Rishikesh (340 m / 1,115 ft)

about 250 km drive, 8–10 hrs

The trek closes with the long drive back to Rishikesh.

PICK YOUR DATES

Upcoming departures

OCT 2026 17 – 22 Sat to Thu · 6 days Dussehra	OCT 2026 18 – 23 Sun to Fri · 6 days Dussehra	OCT 2026 24 – 29 Sat to Thu · 6 days	OCT 2026 25 – 30 Sun to Fri · 6 days
OCT 2026 31 – 5 Nov Sat to Thu · 6 days	NOV 2026 1 – 6 Sun to Fri · 6 days	NOV 2026 7 – 12 Sat to Thu · 6 days Diwali	NOV 2026 8 – 13 Sun to Fri · 6 days Diwali
NOV 2026 14 – 19 Sat to Thu · 6 days	NOV 2026 15 – 20 Sun to Fri · 6 days	NOV 2026 21 – 26 Sat to Thu · 6 days Guru Nanak Jayanti	NOV 2026 22 – 27 Sun to Fri · 6 days Guru Nanak Jayanti
NOV 2026 28 – 3 Dec Sat to Thu · 6 days	NOV 2026 29 – 4 Dec Sun to Fri · 6 days	MAR 2027 6 – 11 Sat to Thu · 6 days	MAR 2027 7 – 12 Sun to Fri · 6 days
MAR 2027 13 – 18 Sat to Thu · 6 days	MAR 2027 14 – 19 Sun to Fri · 6 days	MAR 2027 20 – 25 Sat to Thu · 6 days Holi	MAR 2027 21 – 26 Sun to Fri · 6 days Holi, Good Friday
MAR 2027 27 – 1 Apr Sat to Thu · 6 days	MAR 2027 28 – 2 Apr Sun to Fri · 6 days	APR 2027 3 – 8 Sat to Thu · 6 days	APR 2027 4 – 9 Sun to Fri · 6 days

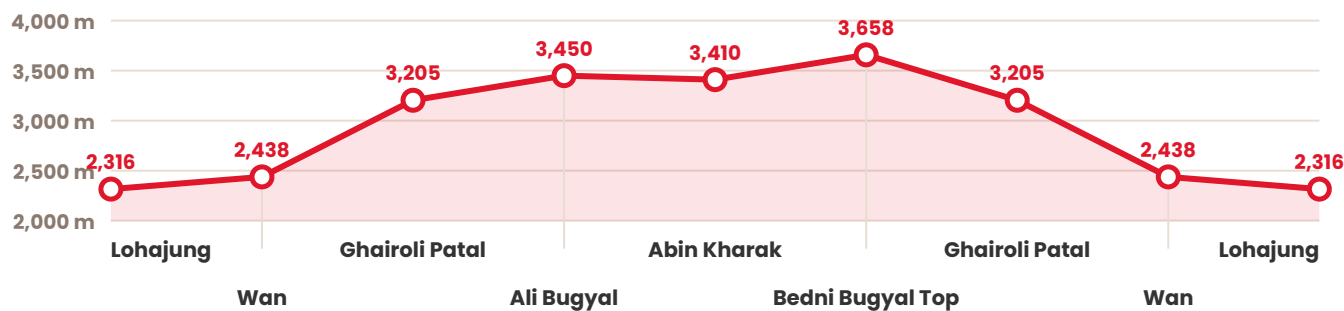
15 more dates, live seats and booking: trekkaro.com/trek/ali-bedni-bugyal-trek · booking closes at 5 PM the day before departure · groups capped at 20 with one leader or guide for every 8 trekkers.

The route



Satellite view with the camps and the summit marked; the trek page has the same map with the trail walked day by day.

ALTITUDE PROFILE



ROUTE, STOP BY STOP

- | | |
|---|--|
| <p>1 Lohajung 2,316 m
Day 1 · Base · Base village</p> <p>2 Wan 2,438 m
Day 2 · Camp · reached by cab · Trailhead village</p> <p>3 Ghairol Patal 3,205 m
Day 2 · Camp · Forest camp</p> <p>4 Ali Bugyal 3,450 m
Day 3 · Camp · Meadow</p> <p>5 Abin Kharak 3,410 m
Day 3 · Camp</p> | <p>6 Bedni Bugyal Top 3,658 m
Day 4 · Summit · Highest point</p> <p>7 Ghairol Patal (return) 3,205 m
Day 4 · Camp · Back to the forest camp</p> <p>8 Wan (trek end) 2,438 m
Day 5 · Base · Descent and drive</p> <p>9 Lohajung (trek end) 2,316 m
Day 5 · Base · reached by cab · Drive from Wan</p> |
|---|--|

FEE COVERS

What is included

✓ Free Trekking Gear (FTG)	Decathlon trekking shoes. Decathlon jacket rated to -10°C. Trekking poles, gaiters and microspikes. No rental fee: ₹3,000 refundable deposit + ₹200 washing charge.
✓ Accommodation	Day 1 and Day 5: guesthouse or homestay in Lohajung, on a triple/quad sharing basis. Day 2 to Day 4: camping in 3-person tents at Ghairol Patal and Abin Kharak.
✓ Meals	All meals from Day 1 dinner to Day 5 dinner. Freshly prepared, simple vegetarian food. Tea, coffee, soups and snacks during the trek.
✓ Permits & Camping Fees	All necessary trekking permits and forest camping fees.
✓ Camping & Safety Equipment	Tents and sleeping bags. Large mess tents with tables. Ice axes, microspikes, gaiters and ropes. First-aid kit, medical support and oxygen cylinders at every camp. Stretchers at each campsite for emergency evacuation.
✓ Trek Team	Experienced trek leaders, supported by local certified mountain guides.

OPTIONAL ADD-ONS

Backpack Offloading	₹1,500 + 5% GST for the whole trek (max 9 kg)
Single Tent Occupancy	₹2,000 + 5% GST for the whole trek
FTG (100% Refundable*)	₹3,000 refundable deposit, returned after the trek

What is not included

✗ Transport	Transport (Rishikesh to Lohajung and back) is not included in the trek fee: we help the group book shared cabs (about ₹6,500 one way per 6-seater vehicle), paid directly to the driver and split among trekkers.
✗ Food During Transit	Meals on the drive between Rishikesh and Lohajung.
✗ Backpack Offloading (optional)	₹1,500 + 5% GST for the entire trek. Maximum weight: 9 kg; no suitcases, trolleys or duffel bags. Charges may be higher for last-minute requests made at Lohajung.
✗ Single Tent Occupancy (optional)	₹2,000 + 5% GST per tent for the entire trek.
✗ Personal Equipment	Your backpack, clothing and other personal gear (trekking shoes, jacket, poles, gaiters and microspikes come with Free Trekking Gear).
✗ Trek Insurance	Travel insurance is mandatory and not included. It must cover high-altitude trekking and emergency evacuation.
✗ Anything Not Mentioned Under Inclusions	Anything not listed under Inclusions is not part of the package; ask us in advance if you are unsure.

Things to carry

Basic Gears

Ali Bedni runs in spring (March–June) and autumn (October–November), and March–April can still have snow on the higher meadows, so pack for both dry trail and snow.

- **Trekking shoes** – Provided free with Trekkaro's Free Trekking Gear (one refundable deposit of ₹3,000 + ₹200 washing charge covers the whole kit)
- **Trekking poles** – Provided free with Trekkaro's Free Trekking Gear; they save your knees on the descents
- **Gaiters and microspikes** – Provided free with Trekkaro's Free Trekking Gear, for snow on the trail
- **Backpack** – 50–60 L with a rain cover
- **Day pack** – 20–30 L; needed if you offload your main backpack (₹1,500 + 5% GST, max 9 kg)
- **Water bottles** – 2 x 1 L; make one insulated if you trek in March–April
- **Headlamp** – with spare batteries, for camp nights and early starts
- **Tents and sleeping bags** – included in the trek fee, so you do not need to bring them

Clothes

Temperatures range from about 10°C to –8°C, so carry 4 warm layers – thermals, 2 fleece or woollen layers and the padded jacket – and add a second thermal set if you trek in March–April.

- **–10°C padded jacket** – Provided free with Trekkaro's Free Trekking Gear
- **Thermal inners** – top and bottom, for cold nights
- **Fleece or woollen layers** – 2 (a fleece jacket and a light woollen sweater)
- **Trek pants** – 2, one to wear and one to carry; no jeans
- **Collared T-shirts** – 3, quick-dry
- **Rain jacket or poncho** – for sudden showers on the open meadows
- **Socks** – 3–4 pairs of cotton or sports socks for walking, plus 2 woollen pairs for the night
- **Caps** – a sun cap (wide brim or neck cover) and a woollen cap
- **Balaclava or buff** – for cold evenings, especially in March–April
- **Gloves** – 1 fleece or woollen pair, plus 1 waterproof pair if there is snow

Accessories

Ali and Bedni are wide, open meadows with strong sun and snow glare in early spring, so protect your eyes and skin.

- **UV sunglasses** – to prevent snow blindness
- **Sunscreen** – SPF 50+

- **Lip balm** – with SPF, to prevent chapped lips
- **Quick-dry towel** – small and light
- **Toiletries** – toothbrush, toothpaste, biodegradable soap and hand sanitiser; no wet wipes, as they are not biodegradable
- **Ziploc and plastic bags** – to keep wet or dirty clothes apart from dry ones and to carry your waste back
- **Personal medical kit** – your regular and prescribed medicines plus basic first aid; consult your doctor before the trek

Others

Lohajung is the last place with a stable mobile signal and there is no reliable ATM after Dewal, so sort out cash and calls before the trek.

- **Cash** – Dewal is the last reliable ATM before Lohajung; withdraw enough there or in Rishikesh, including your share of the cab
- **Lunch box** – reusable, for packed lunches on the trail
- **Snacks and ORS** – dry fruits, energy bars and a few ORS sachets
- **Power bank** – to keep your phone and headlamp charged in camp

Mandatory Documents

- **Government photo ID** – original plus a photocopy (passport, Aadhaar card, driving licence or voter ID); needed at forest check posts and for trek registration, so keep them in a waterproof pouch
- **Travel insurance** – mandatory and not included in the trek fee; it must cover high-altitude trekking and emergency evacuation

How to reach

BY AIR

Nearest airport: Jolly Grant Airport (DED), Dehradun – about 20–25 km / around 45 min from Rishikesh, with direct flights from Delhi and other metros. The cab to Lohajung leaves Rishikesh at 6:30 AM, so fly in the day before and stay the night in Rishikesh. From Rishikesh to Lohajung: about 250 km, 8–10 hrs by road. Transport is not included in the trek fee: we help the group book shared cabs (about ₹6,500 one way per 5–6 seat vehicle), paid directly to the driver and split among trekkers. The cab leaves Jumping Heights, Tapovan (Rishikesh) at 6:30 AM. Return: On Day 6 the shared cab (not included in the trek fee; about ₹6,500 per vehicle, paid directly to the driver and split among trekkers) leaves Lohajung at 6:30 AM and is expected to reach Jumping Heights, Tapovan by 7:00 PM. Book your flight home for the next day.

BY TRAIN

Nearest railway station: Haridwar Junction, about 25–30 km (~1 hr) from Rishikesh, is the best connected, with trains from Delhi including the Shatabdi, Jan Shatabdi and overnight trains. Yog Nagari Rishikesh (YNRK) has only a few direct trains, so book well in advance and plan to reach Rishikesh the day before the 6:30 AM cab. To Haridwar: Shatabdi, Jan Shatabdi or an overnight train from Delhi, then a cab or local transport to Tapovan. To Rishikesh direct: Yoga Express or Kalinga Utkal Express – check current timings. From Rishikesh to Lohajung: about 250 km, 8–10 hrs by road. Transport is not included in the trek fee: we help the group book shared cabs (about ₹6,500 one way per 5–6 seat vehicle), paid directly to the driver and split among trekkers. The cab leaves Jumping Heights, Tapovan (Rishikesh) at 6:30 AM. Return: On Day 6 the shared cab (not included in the trek fee; about ₹6,500 per vehicle, paid directly to the driver and split among trekkers) leaves Lohajung at 6:30 AM and is expected to reach Jumping Heights, Tapovan by 7:00 PM. Book a late-night train from Haridwar or travel the next day.

BY BUS OR ROAD

Bus route: Delhi ISBT Kashmere Gate to Rishikesh, about 6–7 hrs, by overnight Volvo and Uttarakhand Roadways buses. Choose government buses from inside ISBT Kashmere Gate and avoid private buses that leave from outside it; most buses stop at Rishikesh Bus Stand, from where an app cab, auto rickshaw or shared three-wheeler takes you to Jumping Heights, Tapovan. From Rishikesh to Lohajung: about 250 km, 8–10 hrs by road. Transport is not included in the trek fee: we help the group book shared cabs (about ₹6,500 one way per 5–6 seat vehicle), paid directly to the driver and split among trekkers. The cab leaves Jumping Heights, Tapovan (Rishikesh) at 6:30 AM. Return: On Day 6 the shared cab (not included in the trek fee; about ₹6,500 per vehicle, paid directly to the driver and split among trekkers) leaves Lohajung at 6:30 AM and is expected to reach Jumping Heights, Tapovan by 7:00 PM. Book an overnight bus to Delhi for that night or the next day.

PLANS CHANGE — WE GET IT

Cancellation and **rescheduling**

UP TO 8 DAYS BEFORE

Free reschedule

Move to another batch once, transfer the booking, or take a 100% TrekCash voucher valid for one year.

CANCELLING

70% · 50%

70% refund 30 or more days before departure; 50% refund 15–29 days before.

8 TO 14 DAYS BEFORE

TrekCash

No cash refund, but a voucher for the full amount. Within 7 days: no refund. Full policy at trekkaro.com/terms#cancellation

OMI

Still have questions? Ask OMI anything

OMI is Trekkaro's AI trek advisor — fitness, weather, what to pack, dates, how to reach — in English, Hindi or your own language, any time of day. Tap anywhere on this box, or open trekkaro.com/trek/ali-bedni-bugyal-trek#omi, and the chat opens on the trek page.

ON THE TRAIL



BOOK OR ASK US ANYTHING

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