

UTTARAKHAND · CHAMOLI · HIMALAYA

Roopkund Trek

7 days · 6 nights · Moderate – Difficult · summit at 4,800 m

₹16,500

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

DURATION

7 days

GRADE

Moderate – Difficult

HIGHEST POINT

4,800 m 15,750 ft

TREK DISTANCE

47 km

ABOUT THE TREK

Roopkund at a glance

Trek fee per person

₹16,500

+ 5% GST ₹825

₹17,325 all-in

EMI available at checkout

Book at

trekkaro.com/trek/roopkund-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

Most treks build towards a view. Roopkund builds towards a question. At 4,800 m, beneath Mt Trishul and Nanda Ghunti, lies a small glacial lake where hundreds of ancient human skeletons were discovered – a find that has fed legend and scientific curiosity alike. To stand at its edge, you climb for days: through oak and rhododendron forest, across two great Himalayan meadows, past a black stone shrine on a windswept ridge, and finally over rock and snow in the dark before dawn.

The Roopkund trek is a journey through a remarkable range of Himalayan landscapes. It follows the Neel Ganga through dense forest to the Ranka Dhar ridge, opens onto the vast meadows of Ali Bugyal and Bedni Bugyal with Trishul (7,120 m) and Nanda Ghunti (6,310 m) filling the sky, passes the sacred lake of Bedni Kund and the ridge-top shrine of Kalu Vinayak, and...

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Summer (May-Jun)

Day 13°C to 18°C, Night 0°C to 7°C

Autumn (Sep-Oct)

Day 3°C to 9°C, Night -3°C to -1°C

The itinerary

1 DAY 1

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

about 250 km drive from Rishikesh, 8–10 hrs

Day 1 is a long day on the road. Leave Rishikesh by about 6:30 AM and you reach Lohajung by evening without rushing.

2 DAY 2

Drive from Lohajung to Wan (2,438 m / 8,000 ft), 15 km, 1 hr

trek to Ghairol Patal (3,205 m / 10,515 ft); 6 km, 4–5 hrs

A short drive of about an hour takes you from Lohajung to Wan, the starting point of the trek. From here you walk.

3 DAY 3

Ghairol Patal (3,205 m / 10,515 ft) to Pathar Nachauni (3,870 m / 12,700 ft) via Ali and Bedni Bugyal

9 km, 6–7 hrs

Today the forest gives way to the great meadows. The trail starts with a gradual ascent out of the clearing at Ghairol Patal and soon opens into rolling grassland.

4 DAY 4

Pathar Nachauni (3,870 m / 12,700 ft) to Bhagwabasa (4,300 m / 14,100 ft) via Kalu Vinayak

4 km, 4–5 hrs

On paper today looks easy: 4 km and about 430 m (1,400 ft) of gain.

5 DAY 5

Bhagwabasa (4,300 m / 14,100 ft) to Roopkund (4,800 m / 15,750 ft) and Junargali (4,880 m / 16,000 ft), back to Pathar Nachauni

12 km, 9 hrs

This is the day the trek is built around, and the hardest. Leave Bhagwabasa very early, around 4 to 5 AM.

6 DAY 6

Pathar Nachauni (3,870 m / 12,700 ft) to Wan (2,438 m / 8,000 ft) via Bedni Bugyal

16 km, 5–6 hrs; 15 km drive to Lohajung, 1 hr

Today is the longest day by distance, and almost all of it is downhill. You lose about 1,430 m (4,700 ft) over 16 km between Pathar Nachauni and Wan.

7 DAY 7

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

about 250 km drive, 8–10 hrs

The last day is a long drive back to the plains.

PICK YOUR DATES

Upcoming departures

OCT 2026 17 – 23 Sat to Fri · 7 days Dussehra	OCT 2026 18 – 24 Sun to Sat · 7 days Dussehra	OCT 2026 24 – 30 Sat to Fri · 7 days	OCT 2026 25 – 31 Sun to Sat · 7 days
MAY 2027 8 – 14 Sat to Fri · 7 days	MAY 2027 9 – 15 Sun to Sat · 7 days	MAY 2027 15 – 21 Sat to Fri · 7 days Buddha Purnima	MAY 2027 16 – 22 Sun to Sat · 7 days Buddha Purnima
MAY 2027 22 – 28 Sat to Fri · 7 days	MAY 2027 23 – 29 Sun to Sat · 7 days	MAY 2027 29 – 4 Jun Sat to Fri · 7 days	MAY 2027 30 – 5 Jun Sun to Sat · 7 days
JUN 2027 5 – 11 Sat to Fri · 7 days	JUN 2027 6 – 12 Sun to Sat · 7 days	JUN 2027 12 – 18 Sat to Fri · 7 days	JUN 2027 13 – 19 Sun to Sat · 7 days
JUN 2027 19 – 25 Sat to Fri · 7 days	JUN 2027 20 – 26 Sun to Sat · 7 days	JUN 2027 26 – 2 Jul Sat to Fri · 7 days	JUN 2027 27 – 3 Jul Sun to Sat · 7 days
SEP 2027 18 – 24 Sat to Fri · 7 days	SEP 2027 19 – 25 Sun to Sat · 7 days	SEP 2027 25 – 1 Oct Sat to Fri · 7 days	SEP 2027 26 – 2 Oct Sun to Sat · 7 days

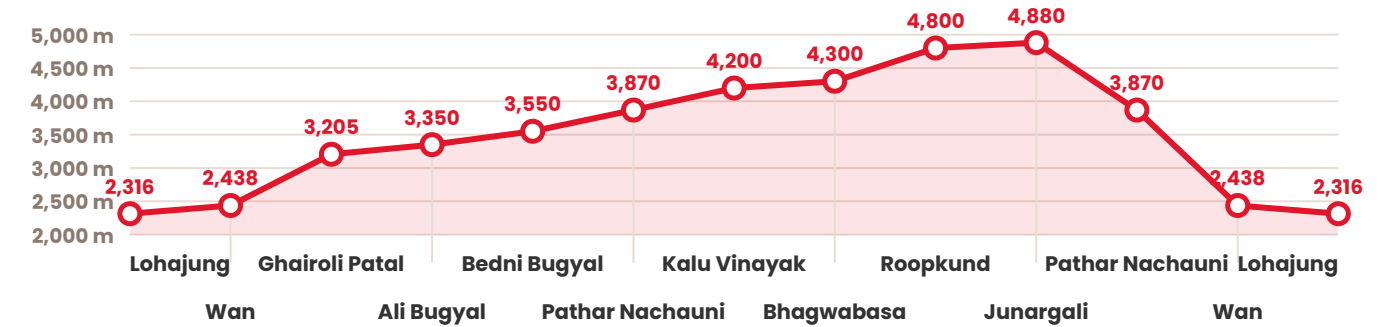
live seats and booking: trekkaro.com/trek/roopkund-trek · booking closes at 5 PM the day before departure · groups capped at 20 with one leader or guide for every 8 trekkers.

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

- 1

Lohajung 2,316 m

Day 1 · Base · Base village
- 2

Wan 2,438 m

Day 2 · Camp · reached by cab · Trailhear
- 3

Ghairol Patal 3,205 m

Day 2 · Camp · Forest camp
- 4

Ali Bugyal 3,350 m

Day 3 · Camp · Meadow
- 5

Bedni Bugyal 3,550 m

Day 3 · Camp · Meadow and Bedni Kund
- 6

Pathar Nachauni 3,870 m

Day 3 · Camp · Camp above Bedr
- 7

Kalu Vinayak 4,200 m

Day 4 · Pass · Ganesh shrine
- 8

Bhagwabasa 4,300 m

Day 4 · Camp · High camp
- 9

Roopkund 4,800 m

Day 5 · Lake · Skeleton lake
- 10

Junargali 4,880 m

Day 5 · Summit · Ridge above Roo
- 11

Pathar Nachauni (return) 3,870 m

Day 5 · Camp
- 12

Wan (trek end) 2,438 m

Day 6 · Base · Descent via Bedni Bugyal
- 13

Lohajung (trek end) 2,316 m

Day 6 · Base · reached by cab · Drive fro

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 6: guesthouse or homestay in Lohajung, on a triple/quad sharing basis. Day 2 to Day 5: camping in 3-person tents at Ghairol Patal, Pathar Nachauni and Bhagwabasa.
✓ Meals	All meals from Day 1 dinner to Day 6 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. All technical equipment needed on the trek, including 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

FTG (100% Refundable*)	₹3,000 refundable deposit, returned after the trek
Backpack Offloading	₹2,500 + 5% GST for the whole trek (max 9 kg)
Single Tent Occupancy	₹2,000 + 5% GST for the whole 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)	₹2,500 + 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	If an item is not listed under inclusions, it is not part of the package; ask in advance if you are unsure.

Under Inclusions

Things to carry

Basic Gears

Roopkund climbs from oak and rhododendron forest to rocky, boulder-strewn ground at 4,800 m, and the shoes, poles and snow gear come with Trekkaro's Free Trekking Gear.

- **Backpack** – 50–60 L with a rain cover and padded hip belt
- **Day pack** – 20–30 L; needed if you offload your main backpack (₹2,500 + 5% GST for the full trek, max 9 kg, no suitcases, trolleys or duffel bags)
- **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 the Free Trekking Gear; they help on the steep Pathar Nachauni → Bhagwabasa → Roopkund section and on the way down
- **Gaiters and microspikes** – Provided free, for snow patches early or late in the season
- **Headlamp** – with spare batteries, for early starts and evenings at camp
- **Water bottles** – 2 bottles of 1 L each; make one insulated for the cold, high summit day
- **Lunch box** – reusable, for packed lunches on the trail

Clothes

Bhagwabasa camp is at 4,300 m and the lake at 4,800 m, so nights are cold even in May–June and September–October; pack 4 warm layers.

- **-10°C padded jacket** – Provided free with Trekkaro's Free Trekking Gear
- **Thermal innerwear** – 1 set, top and bottom, essential for cold nights
- **Fleece or woollen layers** – 2, to wear under the padded jacket at the high camps
- **Rain jacket or poncho** – essential for unexpected showers
- **Trek pants** – 2 pairs, one to wear and one to carry; no jeans
- **T-shirts** – 3 quick-dry collared T-shirts
- **Socks** – 3–4 pairs of cotton or sports socks for walking, plus 2 pairs of woollen socks for the night
- **Caps** – a sun cap (wide-brimmed or neck-covering) and a woollen cap
- **Balaclava or buff** – for cold wind on summit day
- **Gloves** – a fleece or woollen pair, plus waterproof gloves for snow and wet rock

Accessories

At 4,000–4,800 m the sun is harsh and any snow near the lake reflects it, so protect your eyes and skin.

- **Sunglasses** – UV-protected, to prevent snow blindness
- **Sunscreen** – SPF 50+, reapplied through the day
- **Lip balm** – SPF 30, to prevent chapped lips
- **Quick-dry towel** – small and light
- **Toiletries** – toothbrush, toothpaste and biodegradable soap; no wet wipes, as they are not biodegradable
- **Plastic or ziploc bags** – to separate wet or dirty clothes and to carry back your waste
- **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 Dewal the last reliable ATM, so stock up before you reach the base camp.

- **Snacks** – energy bars, dry fruits and chocolate for the trail
- **ORS or electrolyte sachets** – a few, to stay hydrated at altitude
- **Power bank** – fully charged; networks are patchy to non-existent beyond Lohajung
- **Cash** – withdraw enough at Dewal, the last reliable ATM before Lohajung, for your share of the cab, offloading if needed and small expenses

Mandatory Documents

- **Government photo ID** – original and a photocopy (passport, Aadhaar, driving licence or voter ID)
- **Medical certificate** – signed by a registered doctor
- **Travel insurance** – a copy of your policy; it is mandatory and must cover high-altitude trekking and emergency evacuation

How to reach

BY AIR

Nearest airport: Jolly Grant Airport, Dehradun (DED), about 20–25 km and around 45 minutes from Rishikesh, with direct flights from Delhi and other metros. The cab leaves at 06:30 AM, so fly in the day before and stay in Rishikesh.

From Rishikesh to Lohajung: about 250 km, an 8–10 hour drive. 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 06:30 AM.

Return: on the last day the cab leaves Lohajung at 06:30 AM and is expected to reach Jumping Heights, Tapovan by 06:00 PM. Book onward travel for late evening or night, or the next day if you want a buffer.

BY TRAIN

Nearest railway station: Haridwar Junction, about 25–30 km (around 1 hour) from Rishikesh, is far better connected than Yog Nagari Rishikesh (YNRK), which has only a few trains. With a 06:30 AM pickup, plan to reach Rishikesh the day before; check current timings and book early.

Haridwar Junction – trains from Delhi including the Shatabdi, Jan Shatabdi and overnight trains

Yog Nagari Rishikesh – a few trains, such as the Yoga Express and the Kalinga Utkal Express

From Rishikesh to Lohajung: about 250 km, an 8–10 hour drive. 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 06:30 AM.

Return: on the last day the cab leaves Lohajung at 06:30 AM and is expected to reach Jumping Heights, Tapovan by 06:00 PM. Book onward travel for late evening or night, or the next day if you want a buffer.

BY BUS OR ROAD

Bus route: buses from Delhi ISBT Kashmere Gate reach Rishikesh in about 6–7 hours, including overnight Volvo and Uttarakhand Roadways buses. Most drop you at Rishikesh Bus Stand, from where an app cab, auto or shared three-wheeler takes you to Jumping Heights, Tapovan; arriving the evening before is safer than relying on an overnight bus for the 06:30 AM pickup.

Choose government buses – board them inside ISBT Kashmere Gate for safety and reliability

Avoid private buses – those that leave from outside the ISBT premises are unreliable

From Rishikesh to Lohajung: about 250 km, an 8–10 hour drive. 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 06:30 AM.

Return: on the last day the cab leaves Lohajung at 06:30 AM and is expected to reach Jumping Heights, Tapovan by 06:00 PM. Book onward travel for late evening or night, or the next day if you want a buffer.

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/roopkund-trek#omi, and the chat opens on the trek page.

BOOK OR ASK US ANYTHING

+91 80576 54321 call

+91 75056 26675 WhatsApp · OMI answers 24×7

WhatsApp or call · 10 AM to 7 PM, Sunday off · info@trekkaro.com

TREKKARO.COM
World's Only Free Trekking Gear Company

trekkaro.com/trek/roopkund-trek

Trekkaro Adventures Pvt. Ltd. · 8+ years on the trail