

Roopkund Trek (7N/8D)

EMI Option available

(Starting from 14000 INR)



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Introduction

Overview

If you're trekking in India, the Roopkund trek is a must-do! It's got everything going for it. Deep virgin forests, gurgling brooks, breath-taking campsites, miles of undulating meadows, snow and ice and the taste of a great adventure as you climb from 8,000 ft to 16,000 ft in six days.

Roopkund, perhaps the most popular trek in India, is almost picture-perfect. The Roopkund trail climbs out of splendid dark forests suddenly bursting into Ali and Bedni Bugyal, arguably India's most beautiful high altitude meadows. Out of the meadows, the trail quickly gets into terrific alpine stretches.

Climbing on snow to the Roopkund lake is a heart-pounding thrill. The beautiful Mt Trishul looms over the setting getting closer as you climb higher when at a ridge above Roopkund, only air separates the trekker from them and Trishul.

Summary

Trek Start Location	Rishikesh
Trek End Location	Rishikesh
Base Camp	Lohajung
Trek Start Time	07:00 AM on Day 1
Trek End Time	06:00 PM on last day
Trek Duration	7 Nights / 8 Days
Trek Difficult	Difficult
Trek Distance	55 Km approx
Trek Altitude	15750 ft.
Best time to do this trek	Summer & Autumn
Age Group Required	Between 16 to 45 Years (No age bars for champions)

Note:

Pick up location: Rishikesh : Natraj chowk (7:00 AM), Tapovan :The 60s Cafe (7:30AM)

Drop Location: Rishikesh : Natraj chowk (05:00 6:00 PM)

Booking Link : <https://trekotrip.com/trek/roopkund-trek-7n-8d-879221>

Price

Type	Price
Roopkund 7n/8d (Ex-Rishikesh)	INR 14000

Short Itinerary

Day 01: Rishikesh to Lohajung
Day 02: Lohajung to Didna Village
Day 03: Didna Village to Ali Bugyal
Day 04: Ali Bugyal to Patar Nachauni via Bedni Bugyal
Day 05: Patar Nachauni to Bhagwabasa
Day 06: Bhagwabasa - Roopkund Lake -Patar Nachauni
Day 07: Patar Nachauni to Lohajung via Wan Village
Day 08: Lohajung to Rishikesh

Day Wise Itinerary

Day 01: Rishikesh to Lohajung

Drive Distance: 250 Km | Drive Duration: 8-9 hours | Altitude: 2,350 mtr / 7,700 ft.

- Early Morning drive from Rishikesh to Lohajung by surface 250 kms approx
- Lohajung serves as the base camp for the Roopkund trek
- Overnight stay in guest house.

Day 02: Lohajung to Didna Village

Trek Distance: 10 km | Trek duration: 5-6 hours | Altitude: 8,045 ft.

- On the second day the trek starts from Lohajung to Didna.
- The trail passes through dense forests and offers beautiful views of the surrounding peaks.
- Overnight stays at homestay in Didna village.

Day 03: Didna Village to Ali Bugyal

Trek Distance: 7 km | Trek duration: 4-5 hours | Altitude: 11,320 ft.

- Trek from Didina to Ali Bugyal.
- Today's trek takes you through oak and rhododendron forests, with occasional clearings offering glimpses of the valleys below.
- Reach Ali Bugyal, one of the largest alpine meadows in Asia, and enjoy panoramic views of the Himalayas
- overnight stay in tents.

Day 04: Ali Bugyal to Patar Nachauni via Bedni Bugyal

Trek Distance: 7 km | Trek duration: 3-4 hours | Altitude: 12,818 ft.

- Trek from Ali Bugyal to Patar Nachauni.
- Bedni Bugyal is another picturesque alpine meadow situated at a higher altitude.
- Explore the surroundings and enjoy the panoramic views.
- Overnight stay in tents.

Day 05: Patar Nachauni to Bhagwabasa

Trek Distance: 10 km | Trek duration: 6-7 hours | Altitude: 14,120 ft.

- Trek from Bedni Bugyal to Bhagwabasa.
- The trail involves a gradual ascent, and you'll notice a change in landscape as you climb higher.
- Bhagwabasa is a high-altitude campsite situated close to Roopkund Lake
- Overnight stay in tents.

Day 06: Bhagwabasa - Roopkund Lake -Patar Nachauni

Trek Distance: 10 km | Trek duration: 3-4 hours | Altitude: 15,750 ft.

- Trek from Bhagwabasa to Roopkund Lake.
- Explore Roopkund Lake and its surroundings. The lake is famous for the skeletal remains visible at its bottom.
- After spending some time at Roopkund, trek back to Patar Nachauni
- Overnight stay in tents.

Day 07: Patar Nachauni to Lohajung via Wan Village

Trek Distance: 10 km | Trek duration: 5-6 hours | Altitude: 7,660 ft.

- Trek from Patar Nachauni to Wan and then drive to Lohajung base.
- Descend through the forests and meadows to reach the village of Wan.
- Wan is the last village on the trek route and offers a glimpse into the local culture and lifestyle.
- Overnight stay in tents.

Day 08: Lohajung to Rishikesh

Trek Distance: 250 KM | Trek duration: 9-10 hours

- Drive from Lohajung to Rishikesh.
- Bid farewell to the mountains and head back to Rishikesh.

Inclusions

- Stay is included on all days of the trek (from Rishikesh To Rishikesh). You will be staying in tents on a double sharing basis.
- Transport charges from Rishikesh to Lohajung and return.
- All meals from dinner at Lohajung on Day 1 to tea and coffee on Day 8 are included.
- Meals are simple, nutritious and vegetarian.
- All the trek equipment will be included like a sleeping bag, kitchen & dining tent, utensils, mattress, tent, toilet tent, and crampon (if needed).
- First aid medical kits, oxygen cylinder and stretcher.
- All fuel charges, toll taxes and needed forest entry fees along with permits.
- Mountaineering qualified and professional trek leader, guide, cook and support staff

Exclusions

- Cost of emergency.
- Any personal expense.
- Any other expense not mentioned in Itinerary.
- Due to limited inventory if you need anything extra will be chargeable.
- Dining during Transit
- Emergency evacuation charges
- Porter charges if required. (maximum 10 kg layoff per person)
- Taxes @5% extra.
- Insurance Policy.
- Any other service not mentioned above in inclusions.
- Fees or permits for non-Indians.

Things To Carry

Footwear

- Non-skid, deep-treaded, high-ankle trekking shoes
- Pair of lightweight Slipper/Sandals

Clothing

- Trekking Pants
- Thermal Body warmer Upper & Lower (Base layer)
- Warm Fleece (Mid layer)
- Down Jacket (Top Layer)
- Full sleeves T-shirts (Quick Dry material)
- Pair of thick woolen socks (1 pair for every two days of trekking)
- Undergarments / Innerwear (Quick Dry material)
- Rainwear/Poncho (Jacket & Pants)
- Pair of waterproof / snow-warm gloves
- Woolen cap
- Sun shielding Hat

Trekking Gear

- Rucksack bag with rain cover
- Day Pack Bag – Recommended for treks with summit days
- Head Torch / Flashlight with spare batteries (mobile flashlight may not be enough)
- UV protection sunglasses
- Water Bottle – 2 (1 liter each)
- Trekking Pole

Personal Hygiene Kit

- Wet Tissue Paper / Tissue Roll
- Personal Towel
- Sunscreen Lotion
- Lip Balm
- Basic Medication for cough, cold, fever, motion sickness, etc

Utensils

- Small size, Lightweight & Leak proof lunch box – 1
- Plate – 1
- Spoon – 1
- Tea / Coffee Mug – 1

Miscellaneous

- Camera (optional), Power Bank (optional)
- Medicines (your regular medicines, plus a few others for emergencies)
- Dry Fruits, snacks, soft drinks, etc

Documents

- Government-issued Address Proof (Voter ID, Aadhaar, Driver's License, Passport) (mandatory)
- Signed Disclaimer Form (will be shared after the booking)

Terms & Contions / Cancellation Policy / Refund Policy

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<https://trekotrip.com/p/terms>





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