JAPAM Yoga Treks & Tours

Bedni Bugyal

Area: Wan, Chamoli District, Garhwal, Uttarakhand
Duration: 4 nights, 5 days
Grade: Moderate (3/5)
Best time: October to June
Total trekking distance: 28 km
Total driving distance: 240 km
Altitude: 3,400 mtrs.
Principal interests: Peaks, Meadows, Flora and Fauna.

Rishikesh - Wan,
Wan - Gairoli Patal,
Gairoli Patal - Bedni Bugyal - Ali Bugyal,
Ali Bugyal - Wan,
Wan - Rishikesh

Bedni Bugyal trek is one of India's most impressive meadow treks because of its mountain views on the grandiose Trishul and Nanda Ghunti peaks.
In this trek, you'll experience the beauty of the Indian Himalayas at its greatest, reaching Ali Bugyal and facing these 7,000- and 6,000-meter summits.
This trek conserves its magnificence almost all year long. In the winter, the meadow is covered with thick snow. The mountain views are the clearest in spring, and the air is still fresh from winter. In summer and autumn, you'll be welcomed by a vibrant green carpet of fresh grass.

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Itinerary

Day 1 : Rishikesh - Wan

Distance : 240km by car.
We begin our journey with a scenic drive from Rishikesh to **Wan**, a peaceful village tucked away in the Chamoli district of Uttarakhand. The long drive takes us through winding mountain roads, river valleys, and charming hillside towns. Wan sits at around 2,400 meters and offers a quiet introduction to the Garhwal Himalayas. We settle in for the night in a cozy guesthouse or homestay, resting up for the trek ahead.

Day 2: Wan - Gairoli Patal

Distance: 6km. Altitude: +500mtrs.
This morning, we will wake up early and have breakfast at the guesthouse in **Wan**. We will pack our bags, and embark on our 6km trek.
The path climbs gently through thick oak and rhododendron forests, offering shade and birdsong as we move higher. We pass the sacred **Latu Devta temple**, a small but revered shrine nestled in the forest above Wan, believed to be the guardian deity of the region and protector of the sacred Roopkund trail. From there, we begin to feel the forest deepen around us.
We camp tonight at **Gairoli Patal**, a lovely forest clearing sitting at 2,900 meters, with glimpses of the peaks beyond. On a clear day, you may catch your first glimpses of **Trishul** and **Nanda Ghunti** through the trees—just a hint of the grand views waiting ahead.
we will share a chai and some snack, have time to soak in the views. After diner, we will enjoy some time around the bonfire and go to sleep in our tents.

Day 3: Gairoli Patal - Bedni Bugyal - Ali Bugyal

Distance : 10km. Altitude: +500mtrs
This day is the heart of the trek.
Today, after breakfast at the camp, we pack of camp and engage in a 10km trek towards Bedni and Ali Bugyal.
We emerge from the forest into the stunning alpine meadows of **Bedni Bugyal**, one of the most beautiful high-altitude grasslands in India. Rolling green slopes, open skies, and distant Himalayan views make it feel like a dreamscape. Bedni Bugyal sits at around 3,350 meters and offers impressive views of the snow-clad peaks of **Trishul** and **Nanda Ghunti**, rising boldly on the horizon and creating a breathtaking contrast against the rolling green meadows. On clear days, you might also glimpse the distant silhouette of **Mrigthuni** and other Himalayan giants shimmering in the light.
After a rest here, we continue towards **Ali Bugyal**, slightly higher at 3,400 meters. The landscape feels wide and endless, with soft winds and silhouettes of horses grazing. We can still see Trishul and Nanda Ghunti from this meadow, though they appear a bit more distant than from Bedni.
Here, we share our evening tea and snacks. Then have a nourishing dinner and camp under a canopy of stars.

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Day 4: Ali Bugyal - Wan

Distance : 12km. Altitude: -1000mtrs
This morning, we will have breakfast at our camp in **Ali Bugyal**, still enjoying and amazed by the view of the Himalayan peaks. We will pack our bags and start our 12km journey back to **Wan**.
We begin our descent today, retracing our steps back through the alpine pastures and forests. The walk is mostly downhill, allowing us to take in the changing scenery at a gentle pace. By late afternoon, we reach Wan again. It's a good moment to stretch out, relax, and enjoy the slow village rhythm after days of movement.

Day 5: Wan - Rishikesh

On our fifth morning, we will have breakfast at our guesthouse in Wan, pack our bags, and embark on our journey back to Rishikesh. We'll cross the Karnaprayag, Rudraprayad, and Devprayag confluence points, as we slowly go back following the Ganga.
We'll reach Rishikesh in the evening, our heart and mind full of the immensity experienced in the trek.

End of service

Inclusions

- Transport from Rishikesh with experienced driver.
- Trekking and camping gear (trekking poles, tent, mattress, sleeping bags).
- Trekking permits.
- Food.
- Porters (Clients carry their personal bags)
- Guides (minimum 2)
- 2 nights in a guesthouse in Lohajung (double-shared).

Not included: tips for the guide, porters, and driver, travel insurance, and additional food or drinks bought on the way.

Trekking material checklist

Jacket, Woolen shirts and thick sweaters, Waterproof jacket with hood or poncho, Trousers, Thermal underwear, 2-4 pair of socks, Long sleeved shirt, T-Shirt.
Gloves, Hat, Sunscreen, Sunglasses, Trekking shoes, Small day bag, Water bottle, Toilet articles, Torch or headlamp.

There is a possibility of bringing your own camping material if you have some with which you are comfortable.
There is also the possibility of renting materials.

Contact us

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