

Invitation to the Roopkund trek in June 2010 8 day Himalayan trek. Rs 9,750 per person.

It is the largest high altitude meadows in India. Wild horses roam the greens.

Brown carpet of leaves

Then it is the deep dark oak forests that line the lower hills. These are the



densest in the region. When you walk on the carpet of dry brown leaves you are transported to a magical world.

Dominating Mt Trishul

Next is the towering presence of Mt Trishul all along the trek. It just hangs



over you. From your Bedni Bugyal camp site, the first rays of sunlight on Mt Trishul gives goose pimples even to the most hardened trekker.

The thrilling climb to Roopkund Then you get to the ascent of Roopkund. It is not mountaineering, but the high altitude, the thin air, and the



climb on snow makes it one of the most thrilling adventures you will ever do.

ROOPKUND TREK ITINERARY

- Day 1: Pick up from Kathgodam Railway station. Whole day drive to Lohajung base camp (8,100 ft)
- Day 2: Trek starts. Lohajung to Didana (8,300 ft)
- Day 3: Didana to Bedni Bugyal via Tolpani and Ali Bugyal (11,500 ft)
- Day 4: Bedni Bugyal to Ghora Lotani meadows (12,500 ft)
- Day 5: Ghora Lotani to Bhagwabasa via Kaluvinyak (14,500 ft)
- Day 6: Bhagwabasa to Roopkund (15,500 ft) and back to Bedni Bugyal
- Day 7: Bedni Bugyal to Lohajung via Wan
- Day 8: Drive to Haridwar. Expected arrival time 8-9 pm

ELIGIBILITY CRITERIA FOR PARTICIPATION:

- Minimm Age:** 13 years
- Past experience in trekking:** Useful but not essential.
- Physical condition:** Need to be in good physical condition. Should be able to jog 4.5 kms in 25 minutes before commencement of the trek.

Roopkund

The last adventure is perhaps the best. Roopkund, reveals itself only when you make it up the final bend of the slope. Those who get to Roopkund often break down in tears such is the overwhelming feeling of achievement.



Training for the Roopkund trek Roopkund trek requires fitness training before you start. We recommend a mixture of cardio, strength and flexibility training. A training chart is given on our website www.roopkund.com

How to register for the Roopkund trek. Every group has a capacity of 20 members. Please register online at www.roopkund.com. Please check availability before registration. The trek costs Rs 9750 per participant. The cost includes all trek expenses and includes pick up from Kathgodam and return drop to Haridwar.

BOOK ONLINE

www.roopkund.com

INDIAHIKES

The Indian Trekking Community & 9343831803

At 15,500 feet and 60 % oxygen the Roopkund trek is a different kind of thrill

For a lifetime's worth of adventure nothing is better than the Roopkund trek experience



Sandhya, who works for America Online, shares her experience here:

"We were scheduled to start our hike at 5 am when the snow is nice and hard. I woke up at 4 am. It was still

dark but the mountains were alive. In front of me Trishul, Nanda Ghunti and the mountain cradling Roopkund stood alight in the night sky. The snow made everything glow. The sight was one of its kind.

A while later I decided to step out and see how cold it really was. I put on two layers of woolens. I think it was 1 or 2°C. I stood outside for a long time staring at the beauty of the snowy mountains until it became a little too cold.

I felt good about myself. I threw aside my previous night's apprehensions about not being able to make it to Roopkund. I was all set to take off.

Midway to Roopkund, the snow patches started increasing in frequency, difficulty

and length. Some of us lost our sticks and with it our confidence. We marched ahead nevertheless. After a point it was only snow and ice. The last leg was the steep C-section. I was leading the way for my group when I suddenly lost a foothold and slipped on the ice. Thankfully there was a rock to hold on. I held on knowing that others were close and would pull me up. I took a moment to recover from the momentary chill that ran down and climbed along. A hundred more vertical meters and I was greeted with hugs, handshakes and cheers. Tears ran down my face. After all the challenges I was finally at Roopkund!

It did not matter how. We had made it to Roopkund! It was a feeling of extreme elation. Even now, I still bask in the success of Roopkund. It has stayed with me."

A life time adventure

If you have always dreamt of a lifetime adventure then join our trek to Roopkund this June.

Roopkund is ranked amongst the 3 best treks of India by Indiahikes members.

The Roopkund trek stands apart from all other Himalayan treks.

The greenest meadows

The first thing that sets it apart is the twin meadows of Ali and Bedni Bugyal.

Nowhere in India can you find such a vast expanse of startling green meadows.



HOT DEALS

ROOPKUND Rs 9750

TREK GROUP STARTS ON
June 7, June 14, June 21, June 28.

Book for three get free pick up from Delhi (AC Sleeper) or equivalent cash discount.

Book for five get free pick up from anywhere in India (AC Sleeper) or equivalent cash discount.

Last date of registration: April 15