



BHRIGU LAKE TREK





LOCATION

HIMACHAL PRADESH, INDIA



BEST TIME

JULY - SEPTEMBER



DESTINATION

BHRIGU LAKE TREK



TAKE A PHOTO

SUNRISE, SUNSET,
SNOW CAPED
MOUNTAINS



DIFFICULTY

EASY



HIGHEST ALTITUDE

14,000 ft



AVERAGE TEMPERATURE

DAY TIME: +15°C to +25°C
NIGHT TIME: +8°C to +10°C



BASE CAMP

MANALI



DURATION

4 DAYS & 3 NIGHTS



LAST ATM

MANALI



TREK DISTANCE

25 KMS



SHORT ITINERARY

Day 1

Arrive at Manali. Drive from Manali to Gulaba Roadhead, and Trek to Jonker Thatch

Day 2

Trek from Jonker Thatch to Rola Kholi

Day 3

Trek from Rola Kholi to Bhrigu Lake, and back to Rola Kholi

Day 4

Trek from Rola Kholi to Gulaba. Drive back to Manali



ITINERARY



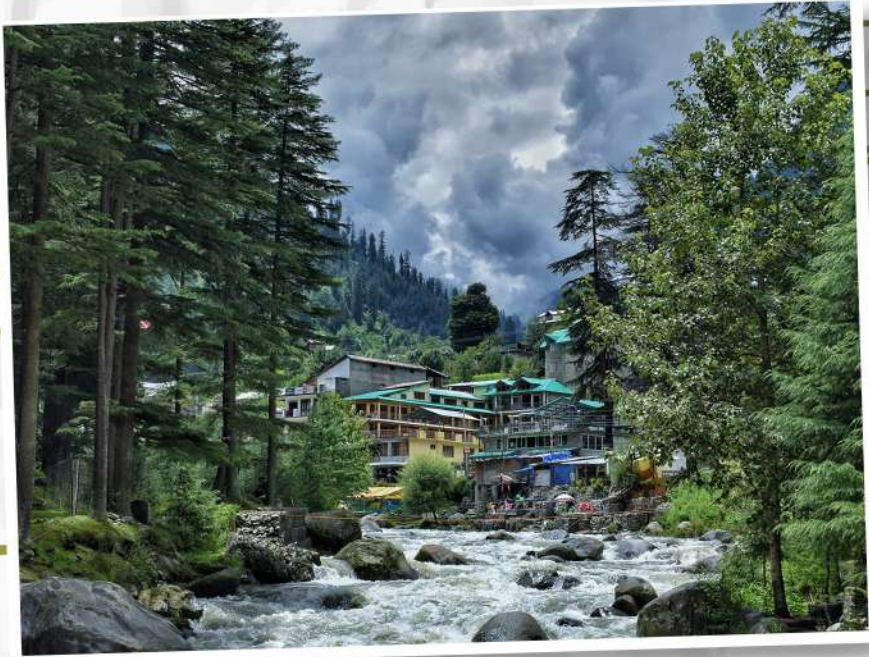
DAY 1

Arrive at Manali. Drive from Manali to Gulaba Roadhead, and Trek to Jonker Thatch

The Bhrigu Lake trek embarks on an adventure even before you reach the official starting point! Your journey begins at Gulaba, a scenic spot nestled amidst the Himalayas. To reach Gulaba, you'll travel along the exhilarating Manali-Rohtang Pass road, a route renowned for its breathtaking beauty.

As you wind your way through the majestic mountains, you'll first pass the charming village of Kolang, with its traditional wooden houses and vibrant local culture. Next, you'll encounter Palchan and Kothi, offering glimpses into the simple life of the mountain communities. But the true

ITINERARY



spectacle unfolds once you cross Kothi.

Here, the landscape transforms into a visual feast. Towering pine forests blanket the mountainsides, their emerald hues contrasting vividly with the snow-capped peaks that pierce the clear blue sky. As you continue your ascent, the crisp mountain air and the panoramic vistas will leave you feeling invigorated and ready to embark on the captivating Bhrigu Lake trek itself.

ITINERARY

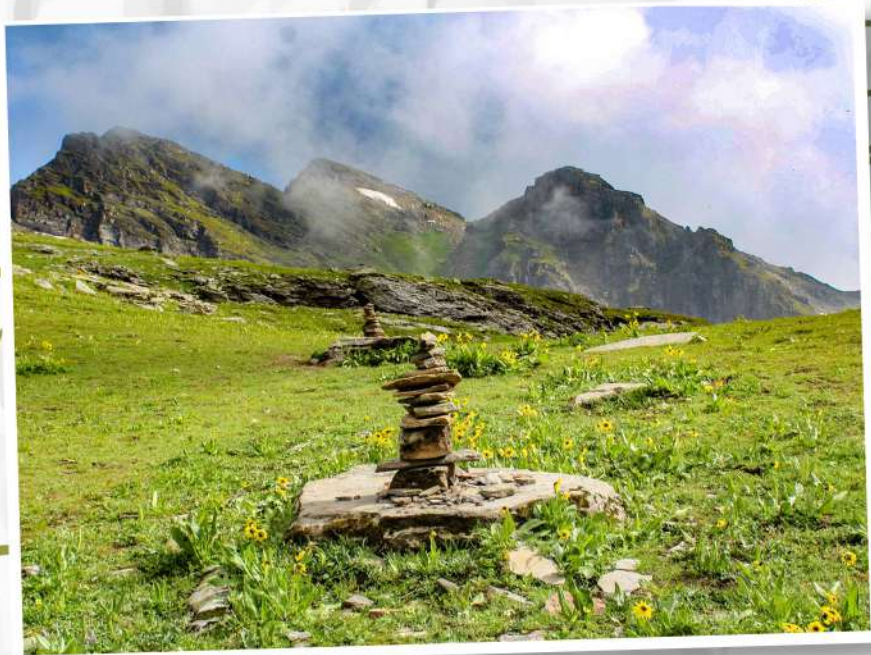


DAY 2

Trek from Jonker Thatch to Rola Kholi

The trail begins with a steep ascent. Make note of brown oak, cedar and birch trees on the trail here. These are a few of the most prominent trees in the Himalayas. After around 20 minutes, the trail enters an open meadow where shepherds camp. Observe Mt Hanuman Tibba towering over the meadow in the background. Below Hanuman Tibba are the Seven Sister peaks seated in the Beas Kund Valley. Turn right from the upper ridge of the meadow and head south. The second forested cover begins here.

ITINERARY



DAY 3

Trek from Rola Kholi to Bhrigu Lake, and back to Rola Kholi

Today's the pinnacle of the trek: the ascent to Bhrigu Lake, a breathtaking glacial gem perched at 14,000 feet. The path tests your endurance, but the reward is unparalleled. Crisp mountain air invigorates as you conquer the terrain, and with each step, the majestic Himalayas unveil themselves - snow-capped peaks reaching for the sky. Finally, you crest a ridge, and there it is - Bhrigu Lake, its turquoise waters shimmering amidst the awe-inspiring backdrop. Spend precious moments soaking in the tranquility, capturing the scenery, or simply basking in the satisfaction of reaching this remarkable destination. Before the sun dips below the horizon, you'll retrace your steps back to Rola Kholi.

ITINERARY



DAY 4

Trek from Rola Kholi to Gulaba. Drive back to Manali

Today's trek is an easy one. You get back to Gulaba through the meadows you came up from. The descent can be a bit steep but is good on your legs given you are always in the meadows. It takes 3-4 hours to reach Gulaba. Gulaba at around 9,875 ft is a better exit for your knees and feet as compared to Vasisht at 7,000 ft.

INCLUSIONS

- 1. Accommodation – Stay at a guest house/ homestay/ swiss tents/ dome tents during the trek as per the sharing pattern/occupancy opted.**
- 2. Meals – All meals from your arrival to departure from the base camp are included (Morning Tea, Breakfast, Lunch, Hi-Tea with Snacks, and Dinner). We provide simple, nutritious yet tasty vegetarian meals on all days of the trek.**
- 3. Permit/Charges – Cost of all trekking permits, forest & camping charges are included. Charges of the porters, helpers, mules, trekking leaders, and guides are included.**
- 4. Trekking equipment – High-quality tents, sleeping bags, ice axes, ropes, microspikes, gaiters, etc. as required are provided.**
- 5. Safety equipment – First aid medical kits, oxygen cylinders, etc. will be available at all campsites to deal with emergencies.**

6. Porters, Mules, and helpers shall accompany us during the trek to carry the common load such as gas cylinders, tents, sleeping bags, toilet tents, etc.

EXCLUSIONS

- 1. Anything not specified in the Inclusions section**
- 2. Additional Meals unless specified**
- 3. Transport unless specified**
- 4. Air Fare / Train/ Bus Tickets**
- 5. Travel Insurance**
- 6. Additional expenditure and Extra Services if taken**
- 7. Any expense incurred or loss caused by reasons beyond our control such as bad weather, natural calamities(landslides, floods), flight delays /rescheduling/cancellations, any accidents/ medical evacuations, riots/strikes/war/pandemic, etc.**
- 8. GST(Goods & Service Tax) at the rate of 5%.**

FITNESS/ DIFFICULTY

A high altitude trek in the Himalayas requires substantial fitness. Your body needs to train itself to tolerate more work with lower levels of oxygen. Therefore, on treks, cardiovascular training is essential.

As a measure of your fitness, we require you to be able to run at least 5 km in 40 minutes by the time your trek starts. If you are 45 years or above, try to cover 5 km in 50 minutes. This is a minimum requirement.

If you prefer cycling over running, then try to cover 20 km in 60 minutes.

Unable to perform the same can make your trek difficult. Trekkers who have not adequately prepared might be asked not to continue the trek at any point.

The team of Himalayan Daredevils has the right to reject trekkers who do not meet our eligibility requirements at the base camp

Cancellation Policy

Life is unpredictable and we understand that sometimes you have to cancel or change your trip dates and it is our endeavor to make it as easy as possible for you. However, please understand that we plan everything including guide fees, permits, accommodation and ration in advance. Therefore, any cancellation means inconvenience and certain losses to the people involved in various stages of the programme. Keeping that in mind, our cancellation charges are as below –

Cancellations prior to 30 days from the start of the event: **Get a monetary refund with 15% of cancellation charges.**

Cancellations between 30 days and 15 days to the start of the event: 50 % refund as cash.

Cancellations less than 15 days to the start of the event: No refund.

Cancellations will be accepted only by email.

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arising due to natural calamities, strikes, wars or any other circumstances that make the event inadvisable. In this case, we will refund 50% of the event fees.

Itinerary Changes & Trip delays:

We plan itineraries based on the information available at the time of planning and in rare circumstances, they are subject to change. In the event that the itinerary is changed or delayed due to unforeseen circumstances such as bad weather, transportation delays, government intervention, landslides etc., we will always aim to give you the best experience possible. However, The Himalayan Daredevils not be held responsible for the cost of delay or changes.

CONTACT US



+91-6398989097, 9557055210



www.himalayandaredevils.com



himalayandaredevils@gmail.com