



# PIN BHABA PASS TREK

Discover Yourself on the Trail!



[www.himalayandaredevils.com](http://www.himalayandaredevils.com)



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# TREK OVERVIEW



## LOCATION

Himachal Pradesh  
India



## DISTANCE

51 Km



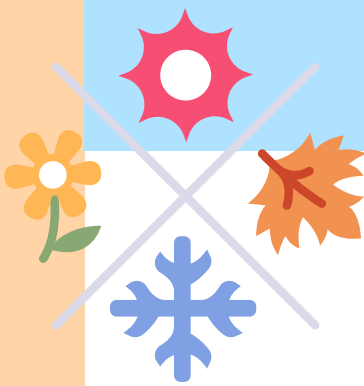
## MAX ALTITUDE

16100 ft



## LAST ATM

Kafnu



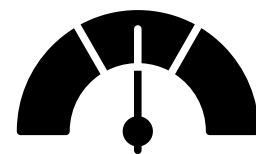
## BEST SEASON

July, Aug, Sep



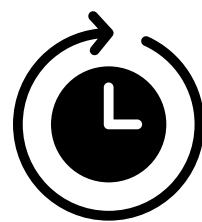
## BASE CAMP

Kafnu



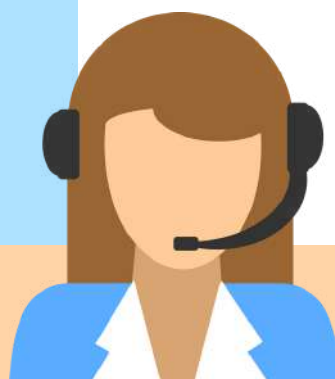
## DIFFICULTY

Moderate



## DURATION

8 Days & 7 Nights



## SERVICE FROM

Kafnu to Kaza



+91 7983285412



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# SHORT ITINERARY



## DAY 1

Arrive at Kafnu from Shimla

## DAY 2

Trek from Kafnu to Mulling

## DAY 3

Trek from Mulling to Karah

## DAY 4

Trek from Karah to Phutsirang

## DAY 5

Rest and acclimatization day at Phutsirang





# SHORT ITINERARY



## DAY 6

Trek from Phutsirang to Mangrungse via Pin Bhaba Pass

## DAY 7

Trek from Mangrungse to Mudh

## DAY 8

Drive from Mudh to Manali





# ITINERARY



## DAY 1

### Arrive at Kafnu from Shimla

The journey starts from Shimla, where you will meet your trekking team. You will then drive to Kafnu, a small village in the Kinnaur district of Himachal Pradesh. It will take around 10-11 hours to reach Kafnu, and you will pass through some beautiful landscapes on the way. Overnight stay at Kafnu.







## DAY 2

### Trek from Kafnu to Mulling

After breakfast, you will start your trek to Mulling. The trail will take you through thick forests of oak and pine trees. You will cross several streams and meadows on the way. It is a moderate trek, and it will take around 6-7 hours to reach Mulling. Overnight stay in tents.



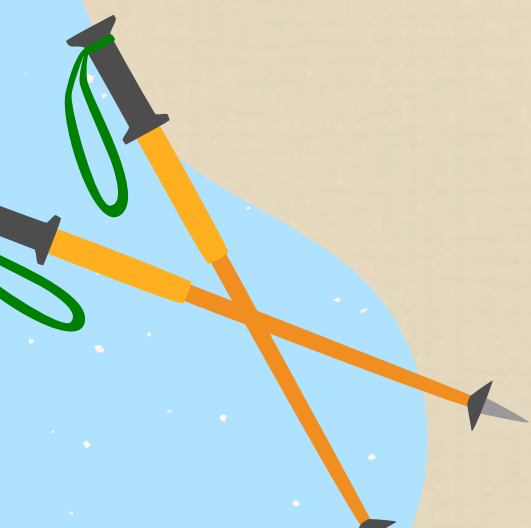




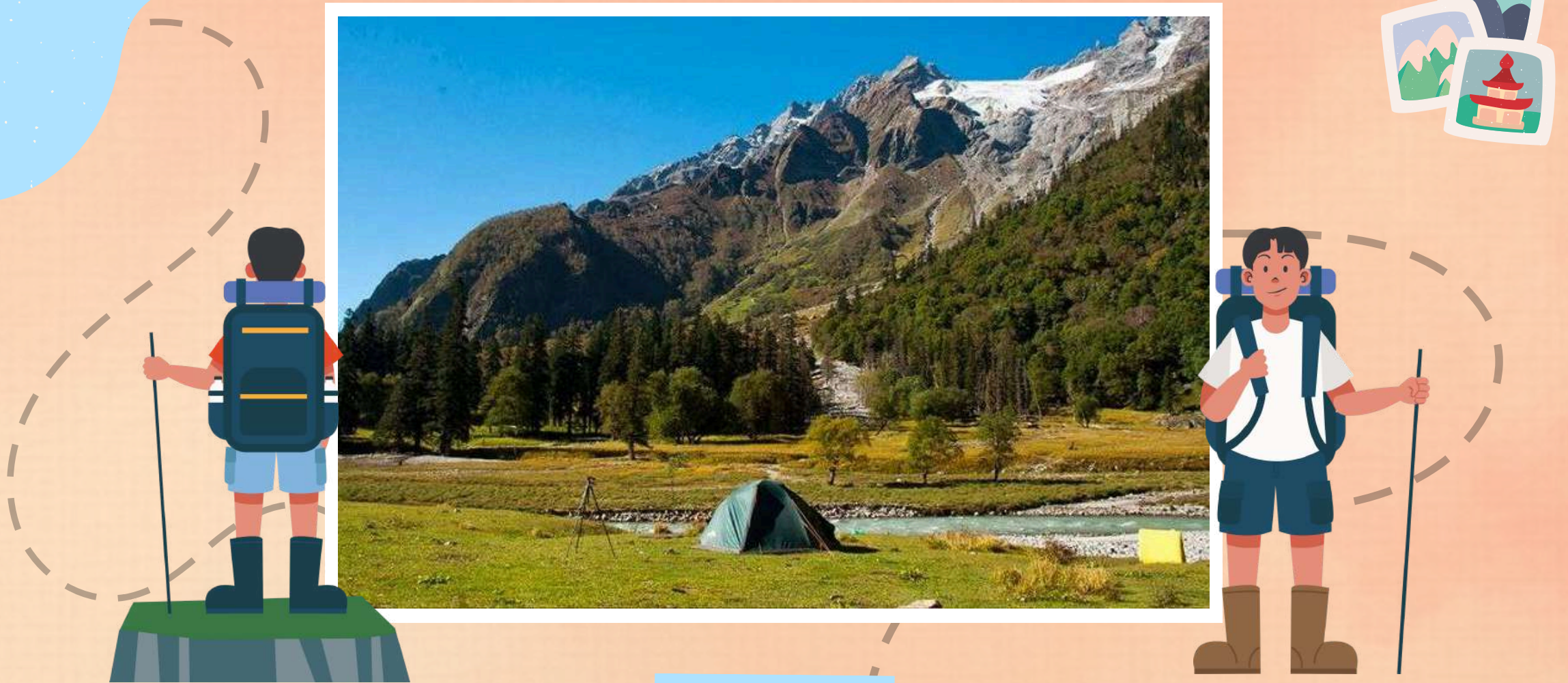
## DAY 3

### Trek from Mulling to Karah

The trail from Mulling to Karah is a steep climb, and it takes around 5-6 hours to reach Karah. You will cross a few streams and walk through a rocky terrain. The view of the surrounding mountains from Karah is stunning. Overnight stay in tents.







## DAY 4

### Trek from Karah to Phutsirang

Today's trek will take you through some of the most picturesque landscapes of the Pin Bhaba valley. You will cross a high mountain pass called the Pin Bhaba Pass (4,620 m), which offers panoramic views of the surrounding mountains. It takes around 7-8 hours to reach Phustirang. Overnight stay in tents.







## DAY 5

### Rest and acclimatization day at Phutsirang

Acclimatization at Phutsirang







## DAY 6

### Trek from Phutsirang to Mangrungse via Pin Bhaba Pass

The trek from Phustirang to Pin Bhaba Pass is a steep ascent, and you will need to cross some snow patches. The pass offers stunning views of the surrounding peaks and the Pin Bhaba Glacier. After crossing the pass, you will descend to Mangrungse, where you will set up your camp and spend the night



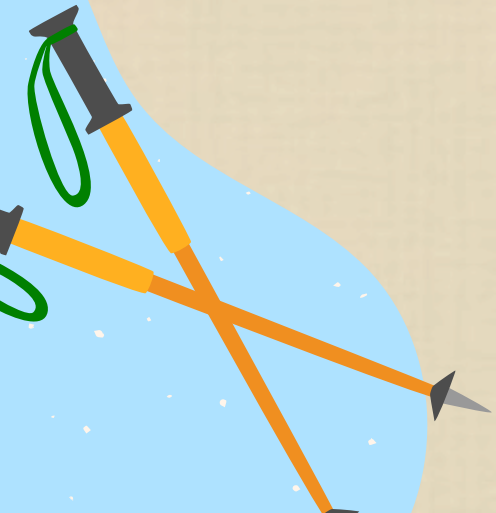




## DAY 7

### Trek from Mangrungse to Mudh

The trek from Mangrungse to Mudh is a gradual descent through beautiful meadows and pastures. You will pass through several small villages and see some beautiful waterfalls on the way. After reaching Mudh, you will stay in a guesthouse and rest for the night.







## DAY 8

### Drive from Mudh to Manali

The trek ends with a drive back to Manali, which takes around 10-11 hours. You will reach Manali by late evening, and the trek comes to an end.





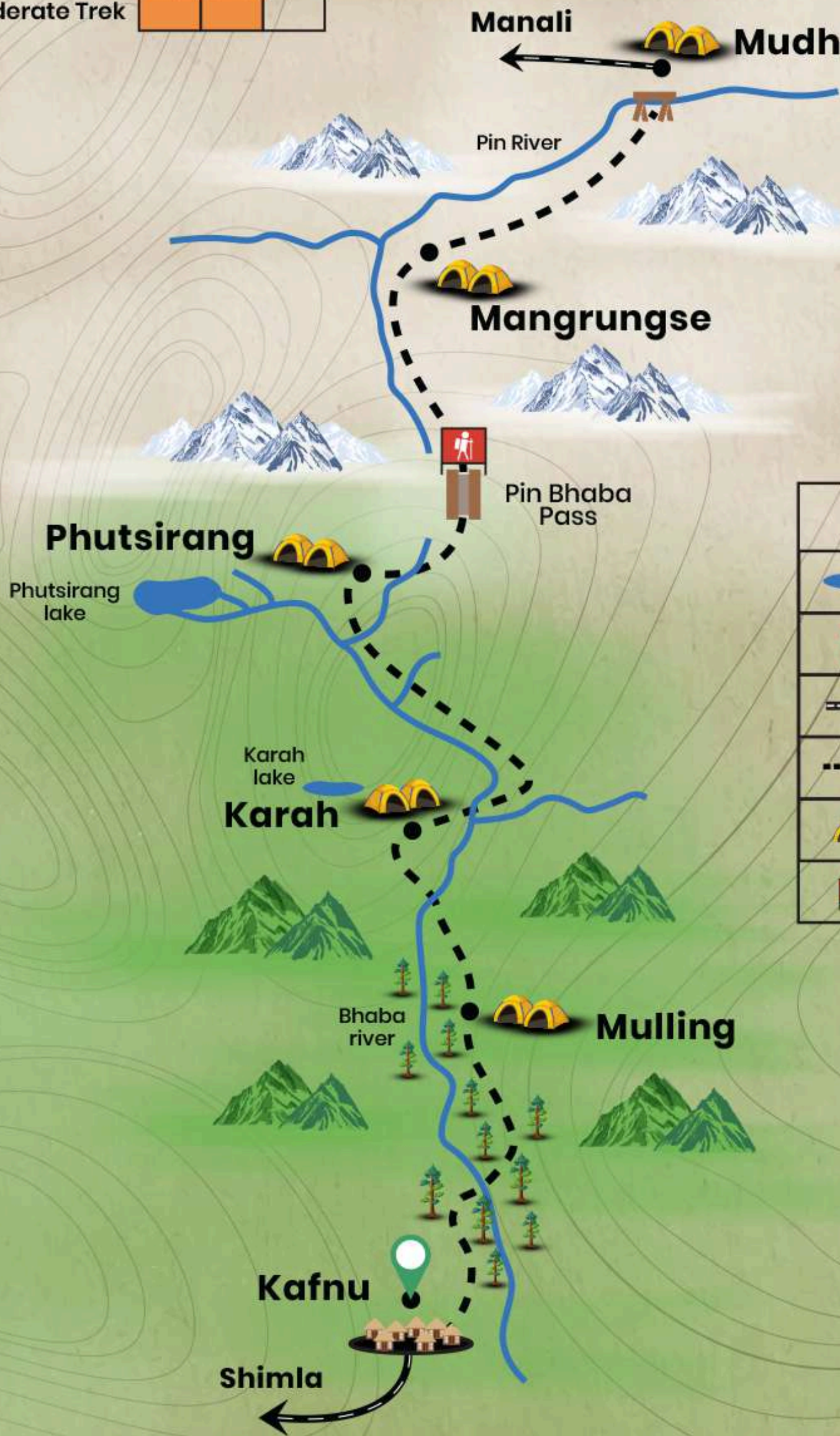
# TREK MAP



## Pin Bhaba Pass Trek Map

### Difficulty Level

Moderate Trek



MAP LEGEND	
	Lake
	Base Camp
	Road
	Trek Route
	Campsite
	Summit

\*Map is not scaled





# INCLUSIONS



- Meals while on trek (Veg. + Egg).
- All necessary entry fees and permits.
- Accommodation: - Guest house, Home stay, camping during Trek.
- Mountaineering qualified & professional trek Leader, guide, cook and Support staff.
- First aid medical kits, stretcher and oxygen cylinder.
- Trek equipment: Sleeping bag, mattress, tent, kitchen & dinning tent, toilet tent, utensils and crampon (if required)
- Staff Insurance.
- Porters/mules to carry central equipment.







# EXCLUSIONS



- Any kind of personal expenses.
- Food during the transit.
- Mules or porter to carry personal luggage.
- Insurance.
- Transport (Non Ac)
- Any kind of emergency evacuation charges
- 5% GST
- Any expense incurred or loss cost by reasons beyond our control such as bad weather, natural calamities (landslides, floods), flight delays/rescheduling/cancelations, any accidents/medical evacuations, riots/strikes/war/pandemics etc.
- Anything not specifically mentioned under the head.





# WHAT TO CARRY



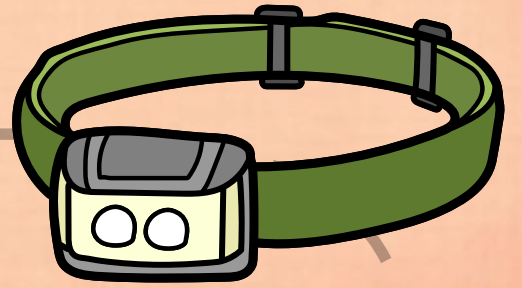
TREKKING SHOES



BACKPACK



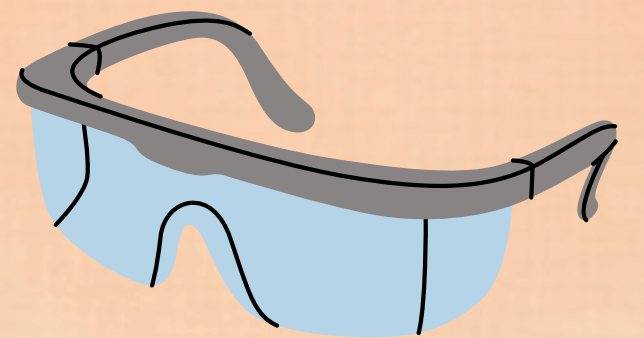
HAND GLOVES



HEAD LAMP



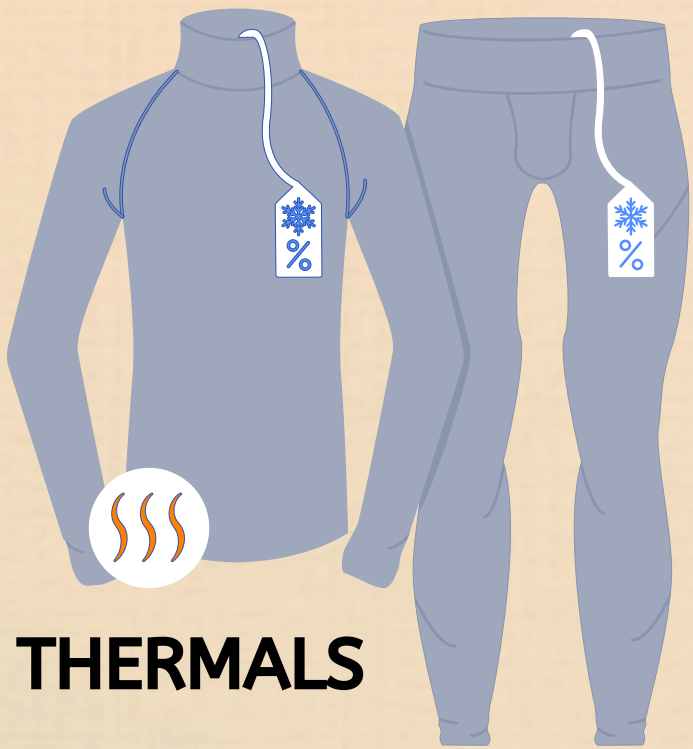
LUNCHBOX



UV SUNGLASSES



SOCKS



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER



# HOW TO REACH

To reach the starting point of your Bhabha Pass trek, you have to take a bus or a private car to Kafnu from Shimla.

This is the closest access point to Kafnu, from where you can avail state-run buses as well as cars for hire. The distance between Shimla and Kafnu is 208 km, and it takes approximately 7-8 hours to traverse this distance by road.

The Bhabha Pass trek starts in Kafnu, and the first day of your trek is spent reaching the town of Kafnu in Himachal Pradesh. After reaching Kafnu, you will embark on the trek which will lead you to Bhabha Pass on the 5th day, after which trek continues for 3 more days, which concludes with you reaching Manali.





# FITNESS REQUIRED

We recommend jogging as the best routine to get fit for a trek. It works on the same muscles that you use while trekking – your calves, glutes and hamstrings. It helps increase your stamina day by day. It is also an easy routine that does not require any equipment or tools.

## **Fitness target:**

To do this trek comfortably, you must be able to cover 5 km in under 35 minutes. This is the minimum fitness required for this trek.

How to achieve this fitness?

- Start jogging at least 4 days a week
- If you cannot run 5 km immediately, start with 2 km and increase to 5 km over 2-3 weeks.
- Once you're able to run 5 km, increase your pace day by day.
- Gradually increase your pace and bring it down to 5 km in less than 35 mins.
- You must be able to run 5 km in 35 mins consistently for at least 2 weeks before the trek.

This trek requires at least 6-8 weeks of preparation. The longer, the better. So plan your trek soon and start preparing.





# CANCELLATION POLICY

Life is unpredictable and we understand sometimes you have to cancel or change your trip dates and it is our endeavour to make it as easy possible for you. However, please understand 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 programme. Keeping that in mind, our cancellation charges are as below-

**Cancellation prior to 30 days from start of the event: Get monetary refund with 15% of cancellation charges on trek fee.**

**Cancellation between 30 days and 15 days to the start of event: 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.**

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

**Please note cancellation will be only accepted by email.  
Booking amount is non refundable.**








# CANCELLATION POLICY

Note: The Himalayan Daredevils reserves the right to cancel a programme before departure in the event of logistical problems arriving due to natural calamities, strikes, wars on any other circumstances that makes the event inadvisable. In this case, 50% on trek fee is non refundable and the remaining 50 % will be given as cash voucher which is valid for 1 year.

Itinerary changes & trip delays:

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

## CONTACT US

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