



BHRIGU LAKE TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



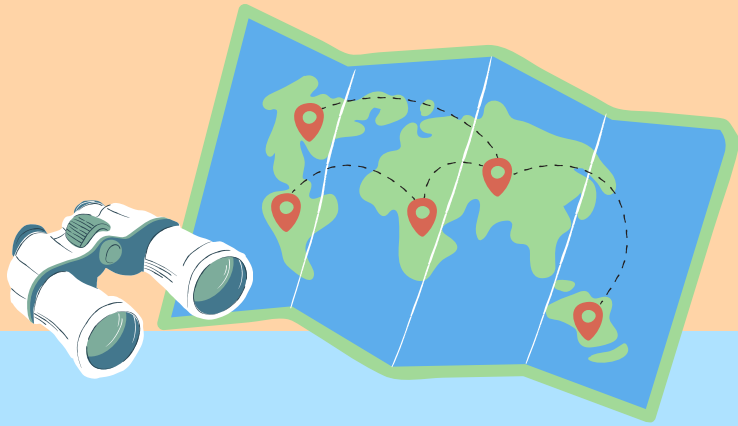
LOCATION

Himachal Pradesh
India



DISTANCE

25 Km



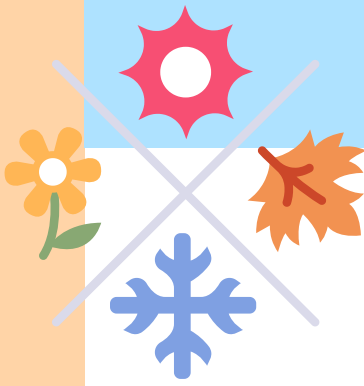
MAX ALTITUDE

14000 Ft



LAST ATM

Manali



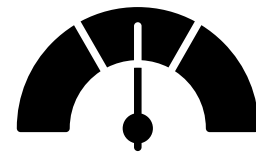
BEST SEASON

July, Aug, Sep



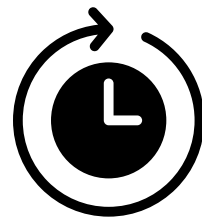
BASE CAMP

Manali



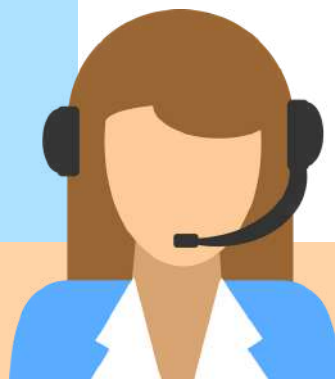
DIFFICULTY

Easy



DURATION

4 Days & 3 Nights



SERVICE FROM

Manali to Manali



+91 7983285412



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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

Your Bhregu Lake trek begins in the picturesque town of Manali, leading through a scenic drive past Kolang, Palchan, and Kothi towards Gulaba. The trek starts with a gentle ascent through lush meadows and oak-cedar forests, accompanied by birdsong and rustling leaves. As you climb, breathtaking views of the Dhauladhar range and Rohtang Pass unfold. After 3-4 hours, you reach Jonker Thatch, a serene campsite surrounded by towering peaks, perfect for relaxation under a star-lit sky before the adventures ahead.





DAY 2

Trek from Jonker Thatch to Rola Kholi

The trek from Jonker Thatch to Rola Kholi begins with a steep ascent, offering mesmerizing views of the Himalayas. The trail winds through dense oak, cedar, and birch forests, filled with the refreshing scents of nature. After an hour, a vast meadow appears, dotted with grazing sheep and framed by the majestic Mt. Hanuman Tibba and the Seven Sisters peaks. As the trail curves through varied landscapes, Rola Kholi emerges after a 3-4 hour trek—a serene campsite surrounded by towering mountains, perfect for rest before the next adventure.

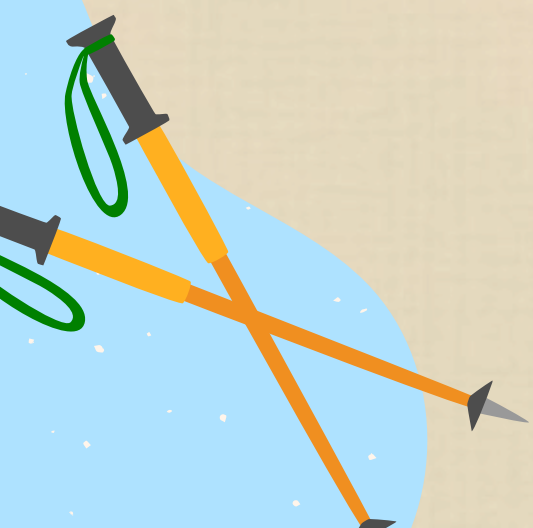


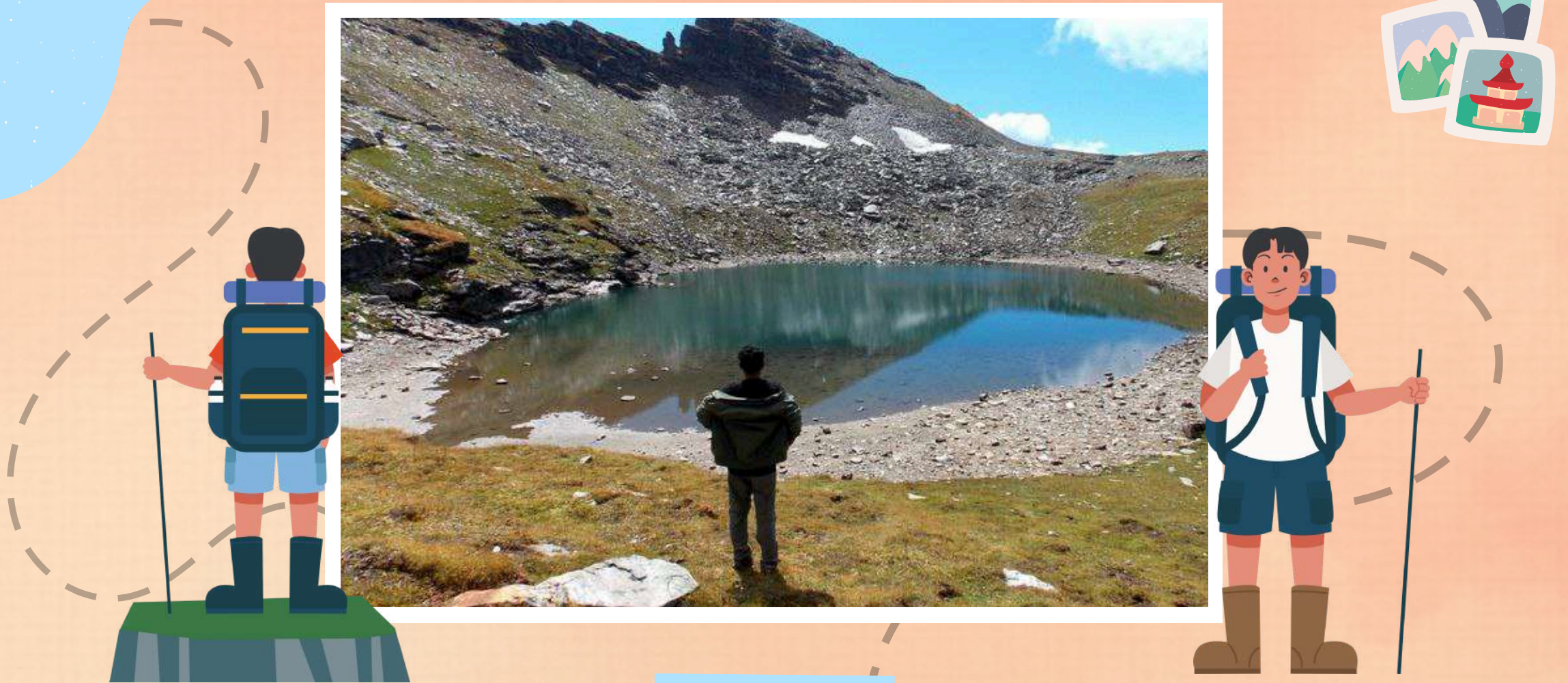


DAY 3

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

Day 3 is the highlight of the Bhrigu Lake trek, as you ascend to 14,000 feet to witness its breathtaking beauty. The steep trail, with rocky patches and snow, tests your endurance, but the panoramic views of the Pir Panjal and Dhauladhar ranges keep you motivated. After a 3-4 hour trek, the pristine lake appears, surrounded by snow-capped peaks, exuding a mystical aura linked to sage Bhrigu's meditation. After soaking in the tranquility, retrace your steps to Rola Kholi, ending the day with a warm meal and memories under a star-lit sky.





DAY 4

Trek from Rola Kholi to Gulaba. Drive back to Manali

On Day 4, the final stretch of the Bhrigu Lake trek takes you from Rola Kholi back to Gulaba. The descent through lush meadows is easier, with soft grass cushioning your steps and stunning mountain views accompanying you. In just 3-4 hours, you arrive at Gulaba, offering a gentler landing for your knees compared to the Vasisht trail. From there, a ride awaits to take you back to Manali, where you can unwind and cherish the memories of this incredible adventure.



TREK MAP



Bhrigu Lake Trek Map

Difficulty Level

Easy Trek



Bhrigu Lake



View Point



Rola Kholi

Ledge walk



Jonker Thatch

Towards
Rohtang Pass

Gulab
Roadhead

Manali

MAP LEGEND	
	Cafe/Dhaba
	Base Camp
	Road
	Trek Route
	Campsite
	Summit
	Lake

*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



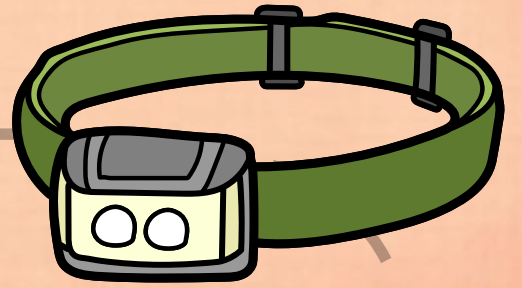
TREKKING SHOES



BACKPACK



HAND GLOVES



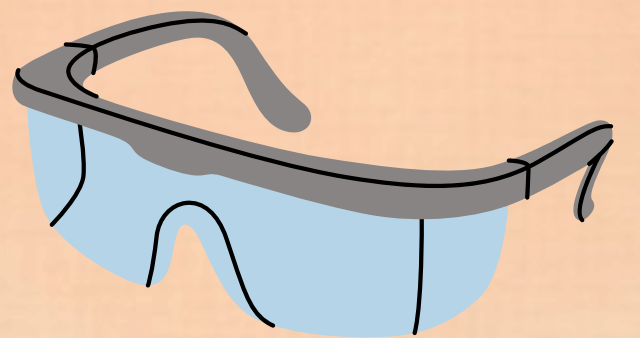
HEAD LAMP



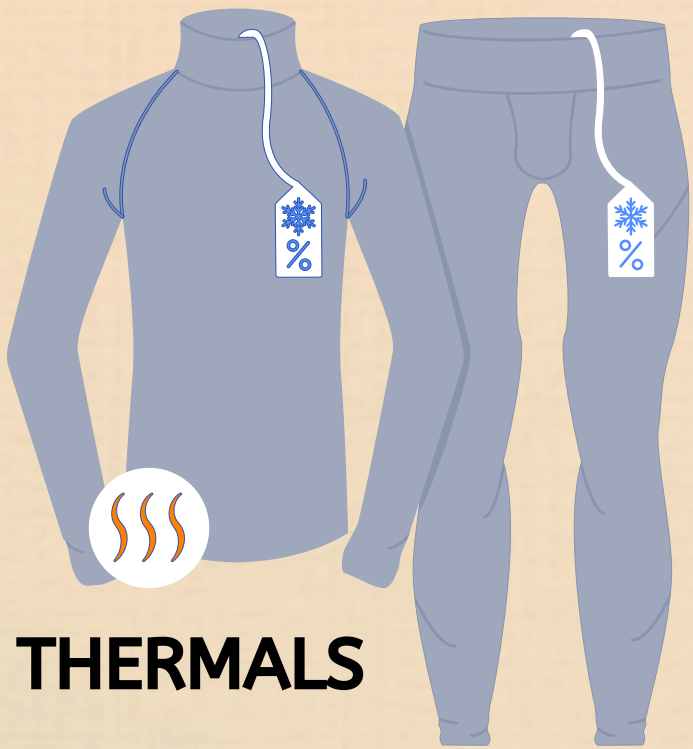
LUNCHBOX



SOCKS



UV SUNGLASSES



THERMALS



3 TSHIRTS



JACKETS



2 TREK PANTS



CAP



FLEECE & HOOD



RAIN COVER

HOW TO REACH

The trek to Bhrigu Lake starts from the village of Gulaba, which is around 22 km from Manali, a popular hill station in Himachal Pradesh, India.

You can reach Manali by air, train, or bus. The nearest airport is Bhuntar Airport, which is around 50 km from Manali. You can take a taxi or bus from the airport to Manali.

If you're traveling by train, the nearest railway station is Chandigarh Railway Station, which is around 300 km from Manali. From there, you can take a taxi or bus to Manali.

There are several buses that operate between Delhi and Manali. You can also take a private taxi or self-drive to Manali from Delhi.

Once you reach Manali, you can take a taxi or local bus to Gulaba, which is around 22 km away. The drive takes around an hour.



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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