



PRASHAR LAKE TREK

Discover Yourself on the Trail!



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TREK OVERVIEW



LOCATION

Himachal Pradesh,
India



DISTANCE

15 Km



MAX ALTITUDE

8956 Ft



LAST ATM

Baghi



BEST SEASON

April, May, June



BASE CAMP

Baghi



DIFFICULTY

Easy



DURATION

2 Days & 1 Nights



SERVICE FROM

Baghi to Baghi



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SHORT ITINERARY



DAY 1

Arrive at Mandi and then approach Baghi.

DAY 2

Explore Prashar- Return back to Baghi and to Mandi.



ITINERARY



DAY 1

Arrive at Mandi and then approach Baghi.

First, reach Mandi and take local transport to Baghi (4-5 hours). From Baghi, begin the 9 km trek to Prashar Lake, passing through dense pine and oak forests. The moderate uphill trail opens to breathtaking meadows and mountain vistas. Upon arrival, enjoy snacks with hot tea while soaking in the stunning scenery. Witness a magical sunset before settling in for an overnight campsite stay by the serene lake.





DAY 2

Explore Prashar- Return back to Baghi and to Mandi.

Wake up early to get an amazing sunrise above the mesmerizing Lake. Have a hot cup of tea and then explore around the surroundings. Visit the Temple and circle the lake as holy Parikrama. One can climb up the slope located left side, from where the summit view is terrific of the Himalayan ranges namely Dhuladhar range, Pir Panjal ranges, Shivalik etc. After spending quality time at the lake, return back to the campsite and have your sumptuous breakfast, then trek back to Baghi(7.5 K.m.).And then back to Mandi.



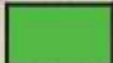
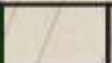

TREK MAP



Prashar Lake Trek Map



Difficulty Level

Easy Trek   



Prashar Lake

Prashar Campsite

MAP LEGEND

	Cafe/Dhaba
	Base Camp
	Road
	Trek Route
	Campsite
	Summit
	Lake

Baghi

Mandi

*Map is not scaled



INCLUSIONS



- Meals while on trek (Veg.).
- All necessary entry fees and permits.
- Accommodation:- Guest house / 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 & dining tent, toilet tent, utensils, and crampon (if required)
- taff Insurance.
- Porters/mules to carry central equipment





EXCLUSIONS



- Any kind of personal expenses.
- Food during transit.
- Mules or porters 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/cancellations, 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

Railway

The nearest railway station to Baghi, Himachal Pradesh, is Joginder Nagar Railway Station, about 85 km away. From there, you can take a taxi or local transport to Mandi and then proceed to Baghi.

Airport

The nearest airport is Bhuntar Airport (Kullu-Manali Airport), approximately 100 km from Baghi. Taxis and buses are available from the airport to Mandi and further to Baghi.

Road

Baghi is well-connected by road. You can first reach Mandi, which is a major town in Himachal Pradesh. From Mandi, take a local bus or taxi to Baghi, which is around 70 km away and takes about 4-5 hours to reach. If traveling from Delhi, take a bus to Mandi and continue the journey by taxi or local transport.



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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