

BHRIGU LAKE TREK

Overview

Region: Manali



Total Duration – 2 Nights / 3 Days



Maximum Altitude – 4240 m/ 14000 ft.



Grade – Moderate to difficult



Best Season – May to October



Accommodation – Hotel/Guesthouse in Manali ; Organized Campsite



Food – On trek – All meals included



Distance – 35 KM.



Strength Level **Moderate**

The **Bhrigu lake** a magical place in the lap of Mighty Himalayas, located at 4240m. lies in the east of the Rohtang pass. It is one of the most frequented treks of Manali. It is decent route for those with less or without experience of trekking. This trek takes you through forests to high pastures and offers ultimate scenes of the Kullu Manali Valley. The lake is named after Maharishi Bhrigu. It is an ancient saying that the sage used to meditate near the lake for years. Hence it has been rendered sacred due to the locals believe that this lake never freezes completely.

The trek starts from Gulaba about 15 kms far from Manali. It is located around 6 kilometres (3.7 mi) far from Gulaba village. It can be reached by trekking either from the Vashishth temple, which is famous for its hot water springs, close to the town of Manali or from Gulaba village. The lake is situated at such height that most of the mighty peaks of the valley are visible. The peaks such as Hanuman Tibba, Manali Peak, Friendship Peak, Ladhakhi Peak and Priyadarshini Range with Pir Panjal range.

Things to pack :-

- **Trekking Shoes:** You need good trekking shoes with good grip & ankle support. Do not carry sport shoes.
- **Clothing:** You need to have warm clothes with three-layer jackets, fleece or down feather jacket. Carry 1 or 2 full sleeves t-shirt. For lowers carry cotton pants suitable for trek. Do not carry jeans or shorts for trekking.
- **Thermals:** Carry top and bottom thermals.
- **Socks:** Carry 2 - 3 pair of sports socks along with woolen socks to be worn at night.
- Headlamp/Led Torch are mandatory
- **Sunglasses:** To protect from sunlight in snow you require UV rays protected sunglasses.
- Woolen Cap and Gloves are also necessary as the climate will be cold. Carry waterproof gloves as they get wet in snow.
- **Lunchbox & Water bottle:** Every participant should carry lunch box and water bottle of their own.
- **Raincoat/Ponchos:** At high altitudes, snowfall and rain are quite common and it's mandatory to carry a poncho so that one doesn't get wet.
- **Mandatory Documents:**
 - a)Registration Form
 - b)Medical Certificate (signed by a registered MBBS doctor)
 - c)NOC form (by trekker)

. Itinerary

- **Day 1: Drive to Gulaba 14km. 40 mins.- Raoli Kholi (9,700ft.) 8km. 5-6hrs.**

Today trek will start from Hotel Wander Thrives iNN, Manali by around 10 a.m. start by driving about 40 mins till Gulaba then from Gulaba our trek will commence. The route is steep which goes through the wild forests of oak pine and conifers. The trail is fairly visible and open at initial and further on.

Day 2: Raoli Kholi – Bhrgu Lake(14,000ft.) (4240m.)- Raoli Kholi 7km. 5-6 hr

This morning we start early trekking to Bhrgu lake. Today the trek is mixed of moderate to steep trail with moraines at the last patch of the trek. If this trek is done in the winter season the snow will be encountered on all the way till the lake. At first the trail is moderate which becomes slightly uphill and continues for a while then turns moderate. The lake is situated in the lap of the mountain surrounded by rocky cliffs and ridges. Spend some quality time at the lake and climb down the same way to the camp. We reach at the camp by the evening. Enjoy watching sunset while having a cup of hot tea. Night stay at the camps.

Day 3: Raoli Kholi – Gulaba – Manali

This morning wake up with ease though the trail is a short downhill. Climb the same trail all the way down. As this is the last day of trekking, be careful walking down the slopes that one can slip or twist his ankle. Avoid jumping and running on the downhill. It will take 2-3 hrs. to reach the road head. Our vehicles would be waiting for us to drop at Manali. Once reached at Manali one is free to depart on his own journeys.

Fitness Requirements

This trek needs only good health with physical fitness and fresh mind. Doing regular running or routine exercises would help one to do the trek smoothly. Leave smoking if you do a month before leaving for the trek. Apart from it Bhrgu lake trek is a moderate trek which requires one only to be fit mentally and physically.

Inclusions/Exclusions

What is included in the tour

- Accommodation on sharing basis. Separate for male and female. For twin sharing extra charges will be applicable.
- Transport required in the trek.
- Highly advanced & certified mountaineering guide from Himalaya Destination
- Skilled Guide who has ample knowledge of the route.
- Cloak room to keep extra luggage.
- Vegetarian meals on the trek (Breakfast/Lunch/Dinner). Vegetarian meals only., jain food will be provided.
- Meals included from Lunch on Day 1 to breakfast on Day 3.
- High quality tents and sleeping bags in all the camps. Sleeping bags can withstand temperature as low as -10 °C.
- First aid kit, oxygen cylinders, oximeter, medicines etc. will be with guide/trek leader and at camp site as well to deal with emergencies
- All trekking, Forest Permits and camping charges are included.

What is NOT included in the tour

- GST 5%
- Personal Porters for carrying trekker's backpacks
- Personal insurance or cost of emergency evacuation
- Purchases of personal natures (like mineral water bottles/bottled or canned beverages/chocolates/dry fruits etc.)
- Food to/from the trail head and at the 1st base camp.



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