



HIMALAYAN MOUNTAIN SOJOURNS

Eco & Adventure Camp Organizers in Manali Himachal Pradesh

हिमालयन माँऊन्टेन सोर्जनज

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BHRIGU LAKE TREK – DETAILS & ITINERARY

Fixed Departure - Every Friday

3 Days/2 Nights trek

Season: April 20 to October 31

Cost Per Person: ₹ 3500 + 5% GST

TREK SCHEDULE & DETAILS

Day 1: Manali to Moridugh Camp (9000ft) – 4 Hours Trek

- Between 9-10 AM, you will be picked up by a vehicle of Himalayan Mountain Sojourns from Volvo bus stand and Beas Bridge in Manali.
- You will be transferred to Mountain Sojourns Camp at Burua. Here you can drop your extra luggage in our cloak room and freshen up, using our outdoor common washrooms.
- After a brief break, you will be dropped via taxi to Kulang village – the roadhead from where the trek starts.
- A 4-hour trek takes you to our Moridugh Camp.
- You will be greeted with a hot lunch upon arrival at the campsite. The evening is free to unwind and appreciate the natural beauty of the camp.

Day 2: Moridugh Camp to Bhrgu Lake (14000ft) and back – 8 Hours Trek

- After an early breakfast, and collecting pack lunch for the day, you leave for Bhrgu lake.
- The initial two hours you trek through dense silver oak forest. Reaching an altitude of 10,000ft, the forest ends and meadows start.
- During the summer months of April, May, and June, these meadows remain snow-covered, allowing for snow trekking experiences.
- The trek offers a panoramic view of the Manali valley. After arriving at Bhrgu, spend some time there before descending to our Moridugh Camp.

Day 3: Moridugh Camp to Vashisht (6500ft) – 4 Hours Trek

- After a late breakfast, we start trekking to Vashisht village.
- You will traverse a one-hour path and then descend a winding trail to reach Vashisht.
- Vashisht is a prominent tourist spot around Manali. It is famous for its hot sulphur water springs. You can take a nourishing hot water bath in the public ponds here.
- You will be dropped to Mall Road or Manali bus station in a jeep/car.

Trek Ends

SPECIAL NOTE:

Groups of three or more guests are welcome to choose any day of the week to start their trek.

If you plan to arrive and stay in Manali one day before the trek starts or after the trek ends, you may [request an accommodation at our campsite](#) on extra charges.

COST INCLUDES:

- All meals (vegetarian) - except breakfast on arrival day and dinner on departure day.
- Tented accommodation in alpine tents: Twin/Triple sharing tents, sleeping bags, foam trekking mattresses, dining tent, and toilet tent.
- High-altitude trekking guide.
- Trained high-altitude field staff.
- On arrival day – Pick-up taxi from Volvo bus station and Beas Bridge in Manali to Kulang, starting point of the trek.
- On departure day – Drop taxi from Vashisht to Volvo bus station and Beas Bridge in Manali.

COST EXCLUDES:

- Any expense arising out of unforeseen circumstances such as bus delays, roadblocks, landslides etc.
- Medical evacuation
- Insurance cover
- Beverages like mineral water, soft drinks etc.
- Any other expense not mentioned under 'Cost Includes'

ESSENTIAL ITEMS TO CARRY

- Two sets of warm clothes
- One sweater and one jacket
- Trekking or sports shoes - one pair
- Cotton or woollen socks - three pairs
- Woollen cap and gloves - one pair each
- Sunglasses - one
- Water bottle - one
- Torch - one
- Towel and other sanitary items
- A small rucksack to carry all these things on your back
- Camera (optional)