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BHRIGU LAKE TREK – DETAILS & ITINERARY

4 Nights/5 Days trek | Season: April to November

Cost Per Person: ₹ 6500 + 5% GST

TREK SCHEDULE & DETAILS

Day 1: Arrival at Manali

- Arrival at Himalayan Mountain Sojourns campsite at Palchan in the forenoon.
- At lunch, meet your guide and other members of the group.
- After lunch, you can visit Manali market if you need to purchase anything important for the trek or you can go for a short acclimatization walk around the campsite.
- Dinner and overnight in camping huts.

Day 2: Manali to Moridugh Camp (9000ft) – 4 Hours Trek

- After breakfast, you leave for our Moridugh Camp.
- It takes 3 hours to reach Himalayan Mountain Sojourns' Moridugh Camp.
- On arrival at camp, you are welcomed with a hot lunch.
- Free time in the evening to spend at leisure or you can take an acclimatization walk around the camp.
- Dinner and overnight in alpine tents.

Day 3: Moridugh Camp to Pandu Ropa Camp (11,000 ft) – 4 Hours Trek

- After early breakfast you leave for the High-Altitude Meadows Camp.
- After covering a good distance uphill and gaining altitude of around 11000ft you reach our high-altitude meadows camp.
- Hot lunch served upon arrival.
- Free time in the evening to relax and prepare for next day's trek.
- Dinner and overnight in high-altitude tents.

Day 4: Pandu Ropa to Bhrigu Lake (14,000ft) and back to Moridugh Camp – 6 Hours Trek

- At daybreak, the trek starts to the holy Bhrigu Lake situated at an altitude of 14000ft. Notice Bhrigu Peak (14500 ft) looming over the lake.
- Even in the summer months of April, May and June, the lake and its surroundings are mostly snow-covered. So it gives you a good experience of snow trekking. The trek offers a panoramic view of the Manali valley.
- After spending a few hours at Bhrigu Lake, you will descend to our Moridugh Camp.
- Dinner and overnight in alpine tents at Moridugh Camp.

Day 5: Moridugh Camp to Palchan Camp (6500ft) – 4 Hours Trek

- After breakfast, trek back to HMS campsite in Palchan.
- Expect to reach HMS campsite sometime in the afternoon.
- After lunch, check out from the campsite.
- You will be dropped at Manali's Mall Road where you can indulge in some shopping before boarding a bus to your next destination.
- Tour ends.

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:

- Pick up from Manali bus station to Mountain Sojourns Palchan campsite on arrival day
- High-altitude trekking guide for 5 days
- Trained high-altitude field staff
- Tented accommodation in alpine tents: Twin/Triple sharing tents, dining tent, and toilet tent
- Sleeping bags with foam trekking mattresses
- All meals (vegetarian food) except breakfast on arrival day and dinner on departure day
- Drop at Manali bus station on departure day

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 backpack
- A small rucksack to carry all these things on your back
- Camera (optional)