

BHRIGU LAKE

Trek

3 Days / 2 Night



3D/2N



Himachal Pradesh



Easy

STARTING
FROM

4,999/-
PER PERSON

QUICK VIEW

- **Best Time To Visit :- May–October**
- **Trek Distance :- 26 km Maximum**
- **Altitude :- 14,100ft**
- **Trek Difficulty Level :- Easy to Moderate**
- **Pickup Point :- Manali**
- **Base Location :- Manali**



BRIEF ITINERARY

DAY 1

MANALI - GULABA - ROLA KHOLI BASE CAMP

DAY 2

ROLA KHOLI - BHRIGU LAKE SUMMIT - ROLA KHOLI

DAY 3

ROLA KHOLI - GULABA - MANALI



DETAILED ITINERARY

DAY 1 Manali - Gulaba - Rola Kholi Base Camp

- Pickup Time: 8:00 AM | Pickup Point: Manali Mall Road

Journey Details

- Drive: Manali to Gulaba Road Head
- Distance: 24 km | Time: ~1 hour
- Trek: Gulaba to Rola Kholi Base Camp
- Distance: 6 km | Duration: 7–8 hours

Altitude

- Start: 6,700 ft (Gulaba)
- End: 12,590 ft (Rola Kholi)

Trek Experience

- The trek begins with a steep staircase-like climb through dense Oak and Cedar forests.
- Continuous altitude gain makes this day challenging but extremely rewarding.
- You'll cross open grasslands and alpine meadows as the forest thins out.

Important Acclimatization Tip

- You gain nearly 6,000 ft in one day, so:
- Drink minimum 3 liters of water
- Maintain a slow, steady pace
- Avoid rushing

Campsite Highlight

- Rola Kholi is a massive alpine meadow
- Enjoy a golden sunset over Solang Valley
- Dinner & overnight stay in tents

DAY 2

Rola Kholi - Bhrigu Lake Summit - Rola Kholi

- Wake-up Call: Early Morning
- Trek Start: 6:00 AM (Weather best before noon)

Trek Details

- Route: Rola Kholi - Bhrigu Lake - Rola Kholi
- Distance: 10 km (Round Trip) | Duration: 7–8 hours

Altitude

- Start: 12,590 ft
- Summit Point: 14,100 ft

Trail Highlights

- Steep rocky ascent leading to a high ridge
- Once on the ridge, witness 360° panoramic views of the Pir Panjal Range
- Snow patches may be visible even in summer

Bhrigu Lake Experience

- Spend 30–45 minutes at the lake
- Seasonal beauty:
- June: Frozen edges with the famous Ice Ring
- October: Deep turquoise-blue waters
- Considered sacred by locals, the lake sits above the clouds

Return

- Descend carefully back to Rola Kholi
- Evening rest, snacks & dinner
- Overnight stay at camp



DAY 3 Rola Kholi - Gulaba - Manali

Trek & Drive Details

- Trek: Rola Kholi to Gulaba
- Distance: 6 km
- Drive: Gulaba to Manali
- Distance: 24 km | Total Time: 6–7 hours

Descent Notes

- Faster than ascent but hard on knees
- Use trekking poles to reduce impact
- Maintain controlled steps on steep sections

Return Experience

- Stop at local Maggi points near Gulaba for a well-earned victory snack
- Enjoy final views of the peaks you just conquered

Arrival in Manali: By 4:00 PM

Perfect time for a celebratory dinner in Old Manali

INCLUSION

Things which we are included under this package

- ✓ Manali–Gulaba–Manali transport
- ✓ Experienced trek leader & guide
- ✓ Camping tents & sleeping bags
- ✓ All meals during trek (Day 1 dinner to Day 3 breakfast)
- ✓ First aid & safety equipment

EXCLUSION

Things which we are included under this package

- ✓ Anything which is not mentioned in the trip
- ✓ Any personal expenses
- ✓ Travel insurance

RENTAL EQUIPMENT PRICE LIST

- ★ Jacket 500/ for complete trek
- ★ Shoes 500/ fro compete trek
- ★ Walking pole 300/ for complete
- ★ Head turch 300 /for complete
- ★ Woolen cap 250/ for Complete
- ★ Woollen sock 250 /for Complete
- ★ Poncho 300/ for complete trek



THINGS TO CARRY

- Warm clothes (layers)
- Trekking shoes with good grip
- Small light weight towel.
- Jacket, gloves, cap
- Personal medicines
- Torch / Flashlight (with extra batteries)
- Medicines, if requiring any specific medication.
- Water bottle & small backpack
- Carry rain cover for your bags.
- Thermal inner wear (upper and lower).

PAYMENT POLICY

- Pay Rs. 1000/- per head to reserve your seat & you can pay the remaining amount on arrival of trip
- Any flight bookings, shall be paid 100% in advance
- 25% Rescheduling charges

TERMS & CONDITION

- If a trek is called off at the last moment due to a natural calamity/unforeseen circumstances (like rains, earthquake, landslides, strike, bandh, pandemic etc) no amount will be refunded. According to the situation, we will be providing some alternatives. (if any possible)
- Due to heavy weather, forest officers or government officials forbids the traveller vehicle to pass, individual have to bare with the local share to pass forward.
- No refunds shall be made towards any inclusion(s) not a vailed by the Client. Travelers must take care of their luggage & belongings.

TERMS & CONDITION

- The photos/videos content created on our trip (by our content creators or clients) is the property of Explore Hills. It can only be used by Explore Hills. Experiences for advertising across media platforms require permissions by Explore Hills.
- Full payment of the trip cost must be made before the trip begins. Pending Payments may eventually lead to the Cancellation of the trip.
- The IDs shall all be verified before boarding. No boarding shall be entertained without a valid Govt.ID
- The Transfer of the bookings is not permitted. Only the names mentioned at the time of confirmation shall be allowed to travel.
- No refunds shall be made towards any inclusion(s) not availed by the Client. Travelers must take care of their luggage & belongings.
- The management shall not be responsible for any damage or any missing items along the tour. The time of Departure is stated & fixed. All travelers must update their status with the Trip coordinator(s), & report at the pickup point 30mins prior to the scheduled departure.
- The Air Conditioning will be switched off in the hills. Also, during the trip, it shall be the Driver's discretion to put off the AC as & when required, considering the travelers safety & ease of travel along uneven & dangerous routes.

TERMS & CONDITION

- Our time of departure is fixed must depart by the stated time & keep their status updated with the trip coordinator(s).
- Anyone missing the bus shall not be eligible for any refunds. We shall call you twice before the schedule departure. Drinking & Smoking are strictly prohibited along the tour due to health & safety concerns. Our tours involve physically demanding activities such as trekking, camping at high altitudes and we commend for you to be in the right shape to make most of them.
- No act of misconduct or indiscipline shall be tolerated on the tours. We are a cordial travel community and we aspire to bring to you a hassle free and memorable experience. Travel xpeditions shall not be responsible for any delays or alterations in the program or indirectly incurred expenses in cases such as Natural Hazards, accident, breakdown of machinery, weather conditions, landslides, political closure or any untoward incidents.
- We do not provide any insurance policy to cover for the expenditure on sickness or accidents or losses incurred due to theft or other reasons. Numerous factors such as weather and road conditions the physical ability of participants etc. may bring alteration in the itinerary.
- We reserve the right to make necessary changes in the schedule in the interest of safety, comfort and general well-being!

PHOTO GALLERY





PAYMENT DETAILS

Account : Explore Hills
Account no. : 5877892417
Upi Id : 9458961396@okbizaxis
IFSC Code : CBIN0284083
Bank Name : Central Bank of India
Branch : Clement Town



PAYMENT NUMBER :
+91-9458961396



+91-9456580306

www.explorehills.in



Yamnotri enclave phase 2, Chandrabani Road,
Dehradun Uttarakhand 248001

DROP A QUERY ON OUR SOCIAL MEDIA HANDLES



@explorehills.in

