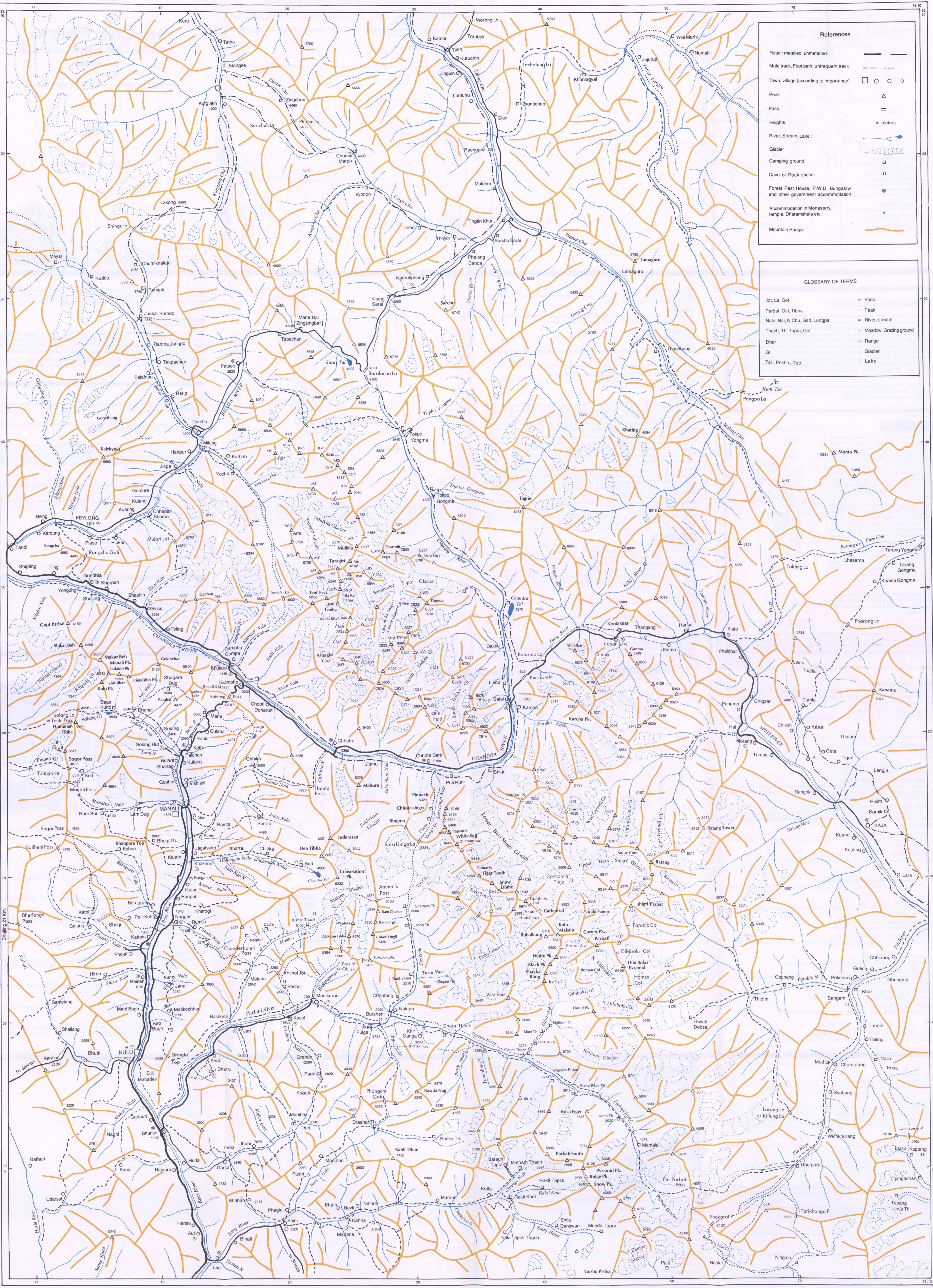


HIMACHAL PRADESH

Trekking Routes

1 : 200,000

Kulu Valley, Parbati Valley & Central Lahaul



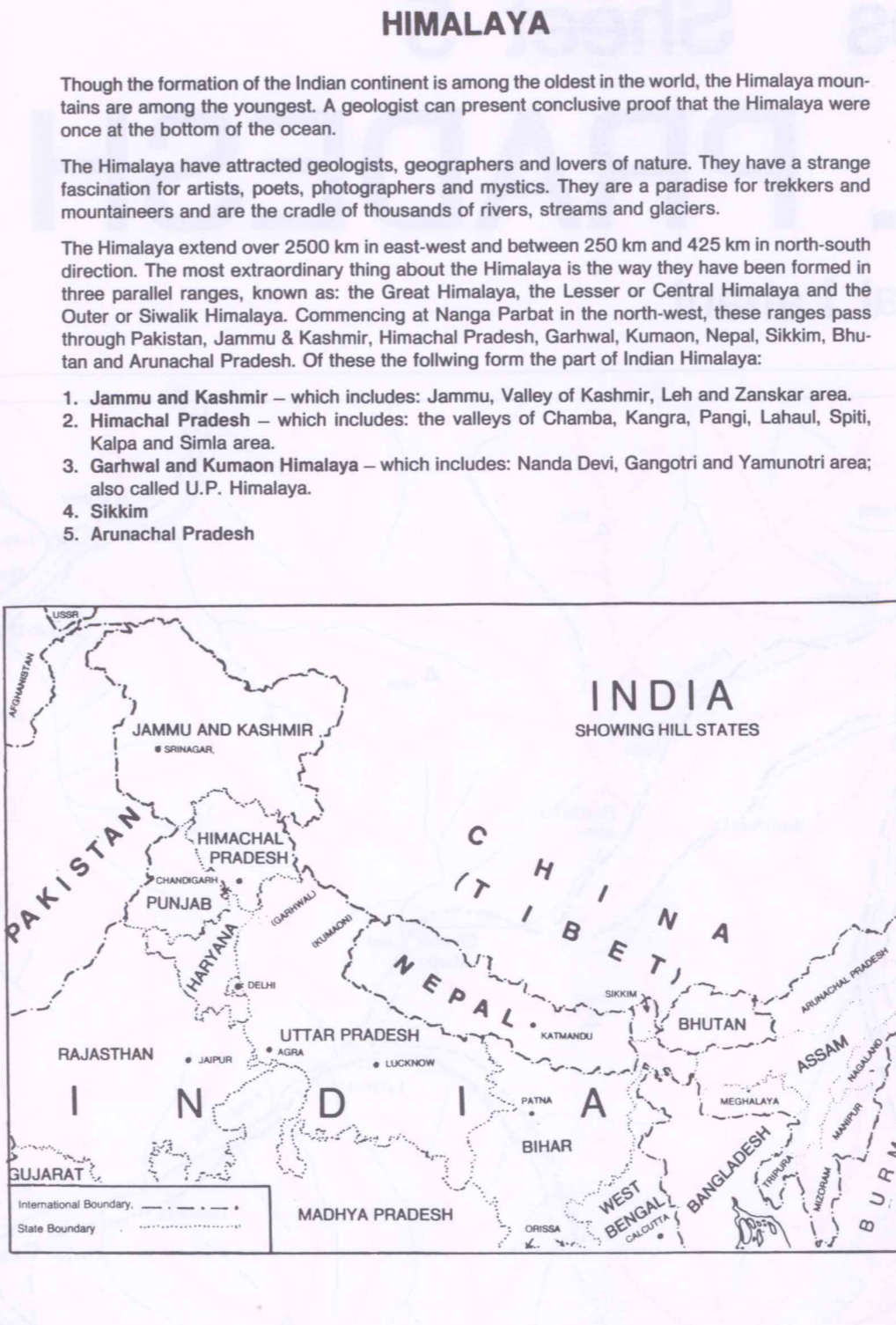
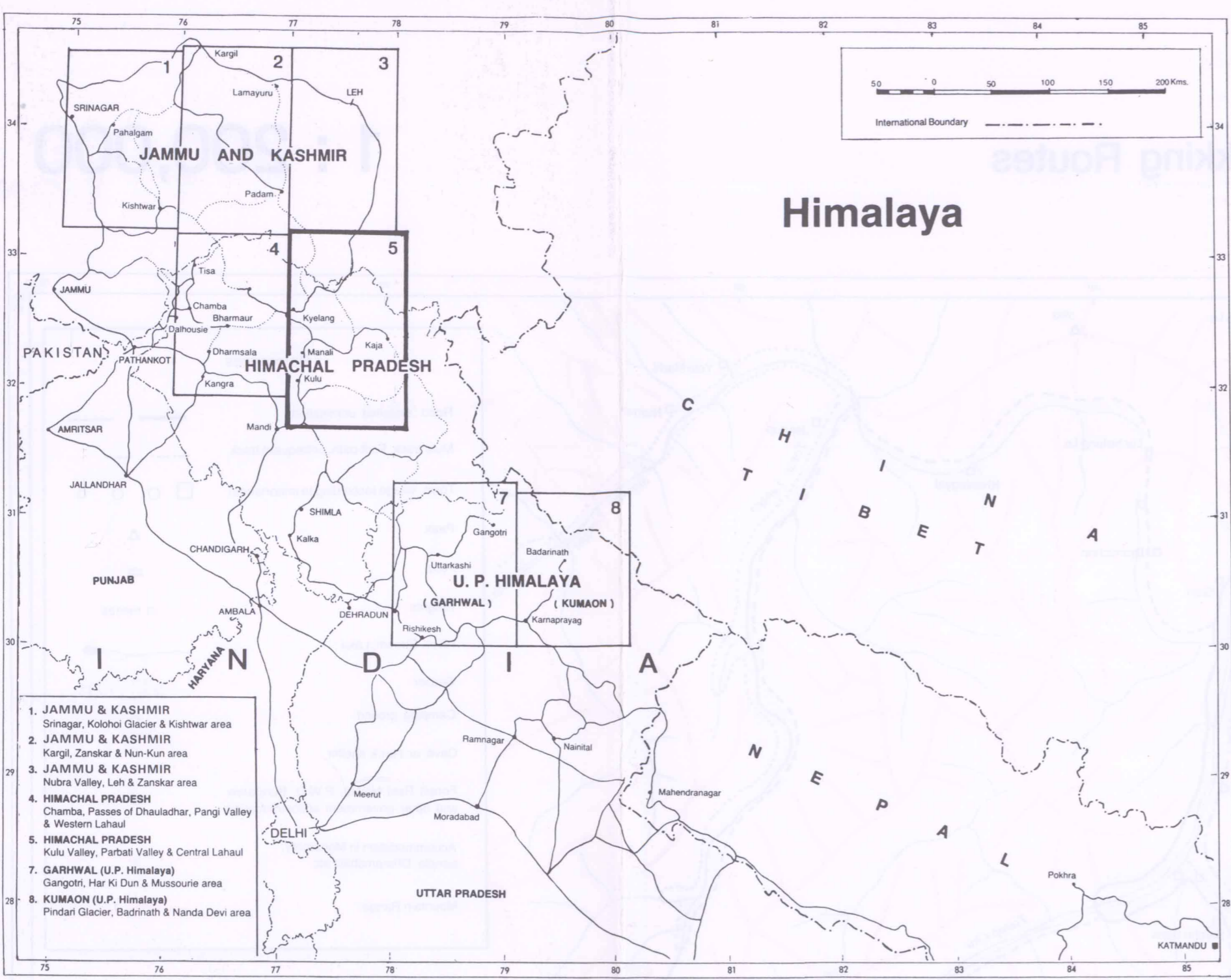
References

Road : metalled, unmetalled	— — — —
Mule track, Foot path, unfrequented track	- - - - -
Town, village (according to importance)	□ ○ ○ ○
Peak	△
Pass	≡
Heights	in metres
River, Stream, Lake	
Glacier	
Camping ground	□
Cave or Rock shelter	⊠
Forest Rest House, P.W.D. Bungalow and other government accommodation	⊙
Accommodation in Monastery, temple, Dharamshala etc.	⊛
Mountain Range	

GLOSSARY OF TERMS

Jot, La, Got	= Pass
Parbat, Giri, Tibba	= Peak
Nala, Nal, N.Chu, Gad, Lungpa	= River, stream
Thach, Th. Tapra, Got	= Meadow, Grazing ground
Dhar	= Range
Gl.	= Glacier
Tal, Pokhri, Tso	= Lake

Scale 1 : 200,000
 1" = 3.17 miles
 1 cm = 2 Km



Indian Himalaya Maps

Sheet 5

HIMACHAL PRADESH

Kulu Valley, Parbati Valley & Central Lahaul

Scale 1:200,000

Trekking routes with short description and physical topography

LEOMANN MAPS

HIMACHAL PRADESH

Himachal Pradesh, with its snowbound recesses, its vistas of unsurpassable beauty, green meadows, forests rich with fauna, mountain peaks of stark grandeur, green and rugged valleys, is a paradise for trekkers and mountaineers. Himachal Pradesh extends from the plains of Punjab and Haryana to the snowy mountains separating it from Ladakh and Tibet. The elevation varies from 350 m in the foothills to 6975 m in the higher ranges. Between these ranges there are a number of mountain ranges of different heights traversing the tract and enclosing between them valleys of varied width and length. The main valleys are: Kulu-Manali valley, Lahaul Valley, Spiti Valley, Kalpa Valley, Chamba Valley, Pangi Valley and Kangra Valley. The main mountain ranges are: Pir-Panjal Range, Dhauladhar Range, Central Himalayan Range, Bera Bhargal Range and the Great Himalayan Divide.

Most of the trekking trails lead from one valley to another crossing one or more passes of 4000 m to 5200 m height. Many of the trails also lead to the adjoining areas of Ladakh, Zaskar and Garhwal Himalaya.

KULU VALLEY

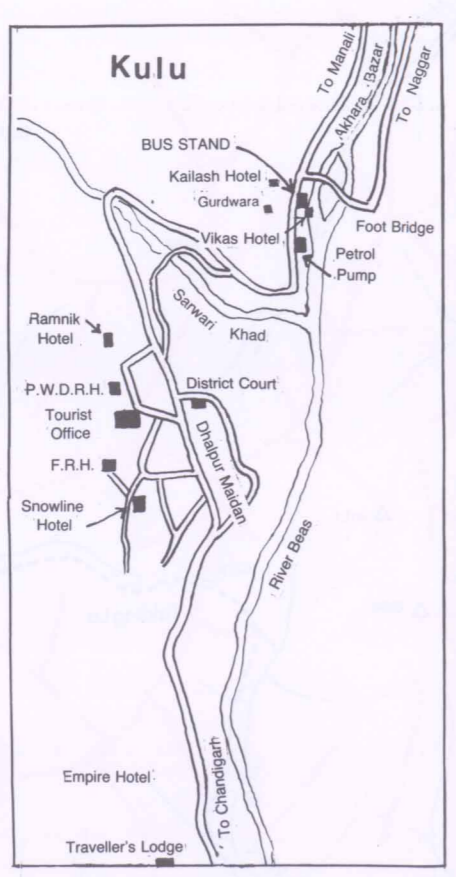
Famous for its apple orchards, its beautiful women, its old wooden temples and its folk music and dances, Kulu (31°58N, 77°08E) is the most accessible of the valleys that lie close to the inner ranges of the Himalaya. More than 160 km as the crow flies from the foothills that edge the plains of northern India and barely 80 km from the plateau of Tibet, it is still only an hour's drive from Delhi by air and a day's journey by car. It offers some of the most wondrously beautiful mountain scenery that can be found anywhere in the world.

The visitor who is familiar with the European Alps will notice a similarity. The same jagged shapes so typical of fold mountains; steep slopes clothed in dense pine and cedar, speckled with emerald green pastures; snow-capped peaks glimpsed through gorges where foaming torrents rush to meet the river below.

But the Alps are tame and friendly compared to what he sees before him. The mountains that crowd the valley and seem to close on him are at a distance of 4 to 5 km; the cliff he sees before him rises 1200m in one breathtaking leap, and the mountains he feels he can almost reach out and touch are 20 km away and rise 5000m above the spot where he is standing.

The best time to visit the valley is October, during the Dussehra festival. For a week the fields around the town of Kulu become a fair-ground with an exhibition of Himalayan handicrafts.

A tranquil haven, Kulu valley abounds with various possibilities for trekkers and budget mountaineers. Hundreds of peaks between 5400m and 6500m are within easy reach from various road heads. The district of Kulu lies between north latitudes 32° 20', 30'26" and east longitudes 76° 59', 77° 50'. On its west lies the Bera-Bhargal Range and on the south-west is the Dhauladhar Range. On the north-east and east, Kulu is separated from Lahaul and Spiti valleys by the Central Himalayan Range.



Where to stay in Kulu
Hotels, Aluminium Huts, Circuit House, H.P. Tourism Development Corporation Tourist Bungalow, ITDC Travellers Lodge, P.W.D. rest house.

Transport
De luxe station-wagons, Ambassador cars and jeeps are available from Himachal Road Transport Corporation and Himachal Pradesh Tourism Development Corporation.

Best seasons
April to June & September to November

How to get there
By Air: Nearest airport Bhanur 10 km away, which is linked by a seasonal air service to Delhi and Chandigarh.
By Rail: The convenient railroad is Pathankot 285 km away or Chandigarh 255 km away.
By Road: Bus services from Delhi, Chandigarh, Simla and Pathankot. A de luxe bus service is being operated by HPTDC from H.P. Tourist office, Chandernok Building, Janpath, New Delhi - 110001. Tel: 345320

Manali

The road to Manali (32° 15'N, 77° 11'E) from Kulu is dramatic. The valley floor rises in a series of steps, the mountain walls close in and great rents appear in them through which the rocky snowcapped peaks of the central Himalayan range come into view. Even the river changes character, its gentle whisper turns into a deep-throated roar. And it is here one begins to see the dark cedars, 2m across at their base and more than 33m high which give the upper reaches of the valley its hint of menace.

Manali, at the head of the Kulu valley, is a picturesque little town where the visitor may enjoy all the comforts of civilisation while exploring the wild mountains around. The valley floor on which it is situated is at an altitude of 2000m and the wooded slopes around it rise easily to 4000m and more. There are innumerable walks through terraced paddy fields that take the visitor up above the tree line, into a world of snow and ice.

Manali also boasts of a 600-year old wooden temple set in the heart of a dense grove of ancient cedars. The temple is well worth a visit. Barely 3 km from Manali, clinging precariously to the hillside above the town, is the picturesque village of Vashist, famous for its hot sulphur springs, and an old temple with exquisitely carved panels depicting Hindu god and goddesses. Most of the old houses of the villages have carved wooden panels.

At the Mountaineering Institute, the visitor may hire mountaineering equipment as well as sherpas to guide him in the mountains.

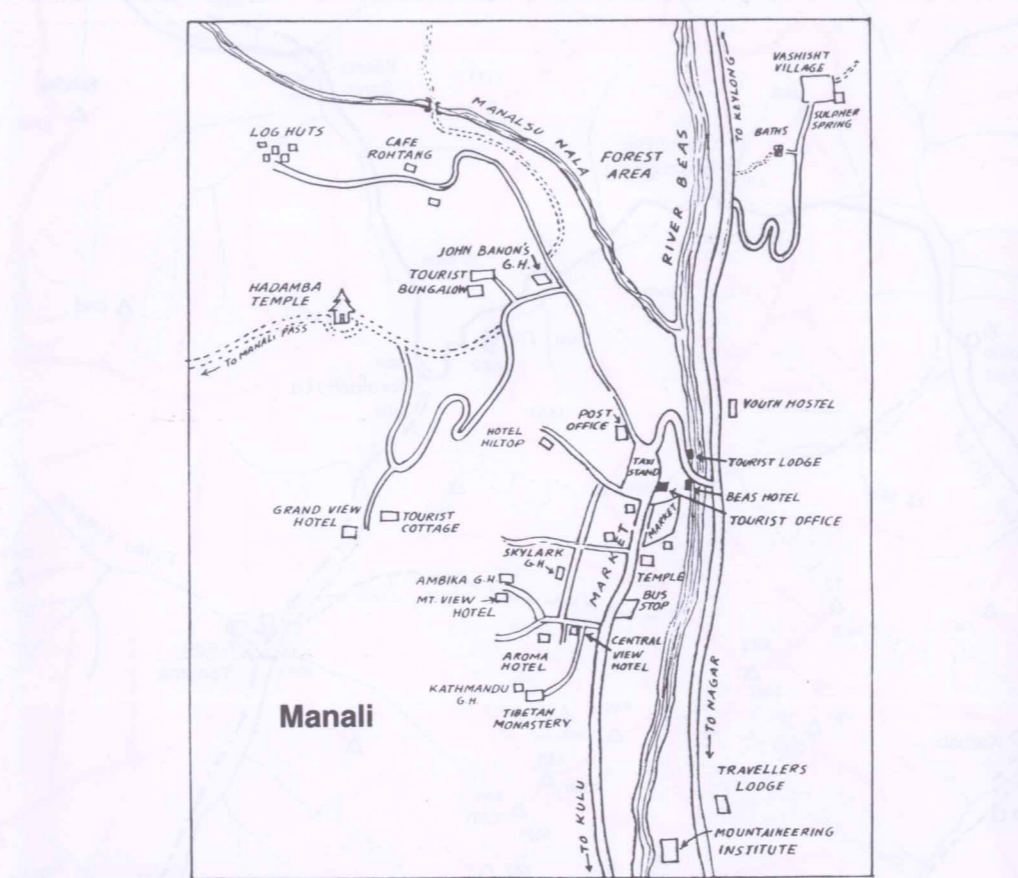
Manali is the gateway to the twin valleys of Lahaul and Spiti. Many trekking trails to the surrounding areas, over high passes and to the base of many high peaks, start from here. Hanuman Tibba, Deo Tibba, Ladakh Pass and Indrasan etc. are only a few days march from Manali.

Rohtang Pass

The most famous is the trek up to the Rohtang Pass (3978m) (32° 22'N, 77° 15'E) which begins at Kothi, a tiny village 12 km beyond Manali. From Kothi the pass is only 8 km away, but involves a vertical ascent of 1200m. The view from the top is well worth the climb. From the pass one looks at two different worlds; one to the south—lush green and inviting, the other, to the north, cold and bleak, a mauve and ochre world of boulders and shale, rising to a series of icy peaks marching away as far as the eye can see. In a sense one is looking at Central Asia. For this is what its bleak, windswept mountain ranges, the Karakoram, Kailash and the Altyn Tagh must look like. A bus, coach or taxi from Manali can get you to Rohtang Pass in a short time.

How to get there
By Air: Nearest airport Bhanur 10 km from Kulu, linked by a seasonal air service to Delhi and Chandigarh.
By Road: Manali is 38 km from Kulu. Regular buses from Kulu, Chandigarh and Pathankot to Manali. A de luxe bus service is being operated by HPTDC from H.P. Tourist office: 210-211, Kanishka Plaza, Ashok Road, New Delhi.

Where to stay
Tourist Houses, Hamta and Birch View Huts, ITDC Travellers Lodge, Log Huts, P.W.D. rest house, Guest Bungalow, Tourist Hut, Tourist Lodge, Tourist Rest Camps, Youth Hostel. The last four places are comparatively inexpensive.



Naggar

It is 27 km from Manali, 22 kms from Kulu, and a steep climb through thick pine trees. At the quaint little museum and house of the famous Russian painter—Nicholas Roerich. Look down at the valley from here and take in its grandeur. Higher up is an ancient castle, now a PWD rest house and HPTDC Castle Tourist Bungalow where you can stay for a day or two. Nearby are two very old temples. A beautiful trail to Malana valley starts from Naggar.

Lahaul Valley

The valley of Lahaul also known as Chandra-Bhaga valley, occupies the trough between the Central and Inner Himalaya. To be exact, it is situated between north latitudes 32° 8', 32° 59', and east longitudes 76° 48N, 77° 47E. It is separated from Zaskar by snow mountain ranges of the Great Himalayan Divide and from Kulu Valley by the Central Himalayan Range. Lahaul has a central mass of high mountains and vast glaciers. With hundreds of peaks above 6000 m, it is a mountaineer's paradise. Nowhere else can one drive and reach the base camp of a 6000m peak in a matter of hours.

There are a few passes that connect Lahaul Valley with Kulu Valley, Rohtang Pass (32° 22' N, 77° 15' E) being the most popular. Other passes are Hamta Pass (32° 16', 77° 21') and Sara Uma La (32° 12', 77° 30'). Lahaul Valley is also connected to Zaskar and Ladakh by Bera Lacha Pass (32° 45N, 77° 26'E) and Shingu La (32° 55N, 77° 08'E).

Keylong

117 km from Manali, across the Rohtang Pass, lie the twin valleys of Lahaul and Spiti, desolate and grand. Ranging between 3000m and 4800m they are rich with monasteries and temples. Here the air is like cold champagne and the skies are an eternal blue. Towering mountains rise beside flat lands, narrow river valleys and green meadows, carpeted with wild flowers in summer.

Keylong, (32° 33'N, 77° 05'E) is the capital, an oasis of green fields and willows along water courses. There is a comfortable Tourist Lodge and for those who want adventure the HPTDC hires out tents. Three of the best monasteries in the valleys—Kardung, Shashur and Taya—are only a few kilometers away.

PARBATI VALLEY

The main Kulu Valley has numerous side valleys opening into it. The most notable of these is the Parbati Valley. Parbati river, which meets the river Beas at Bhanur, is the biggest tributary of the river Beas. There are more than fifty peaks from 5650 m to 6630 m enclosing between them: the Ratnuni Glacier, Dibboki Glacier, Thichu Glacier, Tosh Glacier, Malana Glacier and Parbati Glacier.

MANIKARAN (32° 15'N, 77° 22'E) where the hottest non-sulphurous water springs of the world are situated, is the most popular place to visit and stay. Most of the trekking trails commence from the Manikaran motorhead.

Porters and mules
These are available at Manali or anywhere in Kulu valley on reasonable rates. These can be hired either directly or through an agency.

Camping
Camping can be done at any suitable place in the wilderness. There are no designated areas as it is understood in Europe or in the North American continent.

Season
Best season for trekking in Himachal Pradesh is from the first week of May to the middle of October. Many of the higher passes are accessible only in June or after. July-August are the rainy months and unsuitable for trekking in the Kulu Valley. But some of the areas beyond central Himalayan Range such as Lahaul, Spiti, Pangi and Zaskar valleys can be visited during these months as these areas receive very scanty rainfall.

Accommodation facilities provided by Himachal Pradesh Tourist Development Corporation (HPTDC)

Manali—Tourist Bungalow, Beas Hotel, Log Huts, Tourist Huts, Tourist Lodge, Youth Hostel, Tourist rest camp.

Kulu—Tourist Bungalow, Aluminium Hut.

Katraal—Tourist Bungalow.

Raison—Camping Site and Huts.

Naggar—Castle Tourist Bungalow.

Keylong—Tourist Bungalow.

Manikaran—Tourist Bungalow under construction.

Kasol—Tourist Bungalow and a Forest rest house.

Area reservation offices: Manali, Kulu.

The accommodation at Manali and Kulu can also be reserved from the Himachal Pradesh Tourist office at Delhi.

Some useful Addresses

- Himachal Pradesh Tourist Office, Chandernok Building, Janpath, New Delhi - 110001. Tel: 345320
- Mountaineering Institute and Allied Sports, Manali (H.P.) Tel: 42
- Himachal Pradesh Tourist Office, Manali (H.P.) Tel: 25
- International Trekkers, Manali (H.P.) Tel: 72
- Regional Mountaineering Centre, Bharmour, Distt. Chamba (H.P.)
- H.P. Tourist Development Corporation, Riz Anexe, Shimla (H.P.) Tel: 3977 & 5071
- Manager, Himalayan Tourist, Air India, Hansajaya Building, Bera Khamba road, New Delhi - 110001. Tel: 3110491
- Indian Mountaineering Foundation, Benito Juarez Road, New Delhi. Tel: 671211
- J & K Tourist Office, Chandernok Building, Janpath, New Delhi - 110001

Trek 1

MANALI - LAHAUL TREK

An 8 to 9 days round trek from Manali to the rugged and awe-inspiring valley of Lahaul, dotted with Buddhist monasteries. The trail crosses two passes: Rohtang Pass (3978m), and Baralacha Pass (4891m). Period - late June to October 15.

Day 1. Manali (1896m) - **Batal** (3960m)
It is a ten hours bus journey northwards over Rohtang Pass then up the Chandra Valley. P.W.D. rest house.

Day 2. Batal - **Chandra Tal** (4270m) 18 km.
A gradual ascent, following up to the river. Chandra Tal means 'Moon Lake'. Beautiful meadows around.

Day 3. Chandra Tal - **Topko Gongma** (4320m) 12 km.
The track follows alongside the Chandra river. Topko Gongma means (Lower River). This tributary has to be forded.

Day 4. Topko Gongma - **Topko Yongma** (4640m) 11 km.
A short and easy trek to the 'Upper River'; it too must be forded.

Day 5. Topko Yongma - **Zingzangbar** (4150m) 12 km.
Cross Baralacha Pass about 9 km to the N.W. It is a long pass, one end being 5100m and the other one 4891m. Baralacha means 'pass with cross-roads on the summit'. Trails from Ladakh, Spiti and Lahaul meet here. Continue N.W. down to Zingzangbar camping ground.

Day 6. Zingzangbar - **Patsoo** (3820m) - **Darcha** (3300m) 28 km.
An easy descent down the Bhaga valley to Darcha, via Patsoo. Darcha is the bus station for Manali. There is an ideal camping ground at Darcha. From there a popular trail branches North towards Padam in Zaskar valley.

Day 7. Darcha - **Keylong** (3348m) 20 km.
A short journey by bus to stay for a day at Keylong, the capital of Lahaul Valley. A visit to the famous Kardung Monastery is recommended.

Day 8. Keylong - **Manali** 105 km.
A ten-hour picturesque journey by bus along the Chandra River and back over Rohtang Pass.

Trek 2

MANALI - LAHAUL TREK via HAMTA PASS

A short but adventurous trek of seven days. It can be reduced to five days if part of the journey is done by bus.

Day 1. Manali (1896m) - **Chhika** (3000m) 13 km.
Travel south by bus, taxi or on foot as far as Jagatsukh village. From there climb to Chhika, where there is a good camping ground.

Day 2. Chhika - **Camping Ground** (3520m) 6 km.
A steep but short climb to a higher camping ground.

Day 3. Camping Ground - **Chhatru** (3360m) 10 km.
A stiff climb to Hamta Pass (4270m). Cross the pass, then descent to Chhatru in Lahaul valley. P.W.D. rest-house.

Day 4. Chhatru - **Grampho** (3230m) 16 km.
Almost level walk following down the river Chandra Bhaga. Camping ground.

Day 5. Grampho - **Marhi** (3320m) 10 km.
Climb S.W. to Rohtang Pass (3978m); then a gradual descent leads to Marhi. Camping ground and eating shops at Marhi. One can take a bus from Grampho and reach Manali the same day.

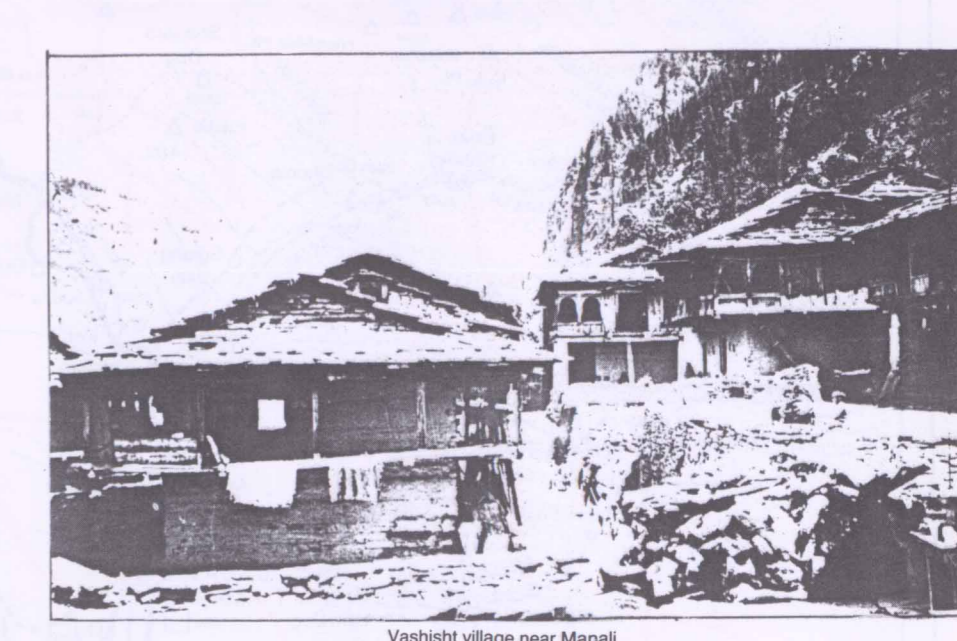
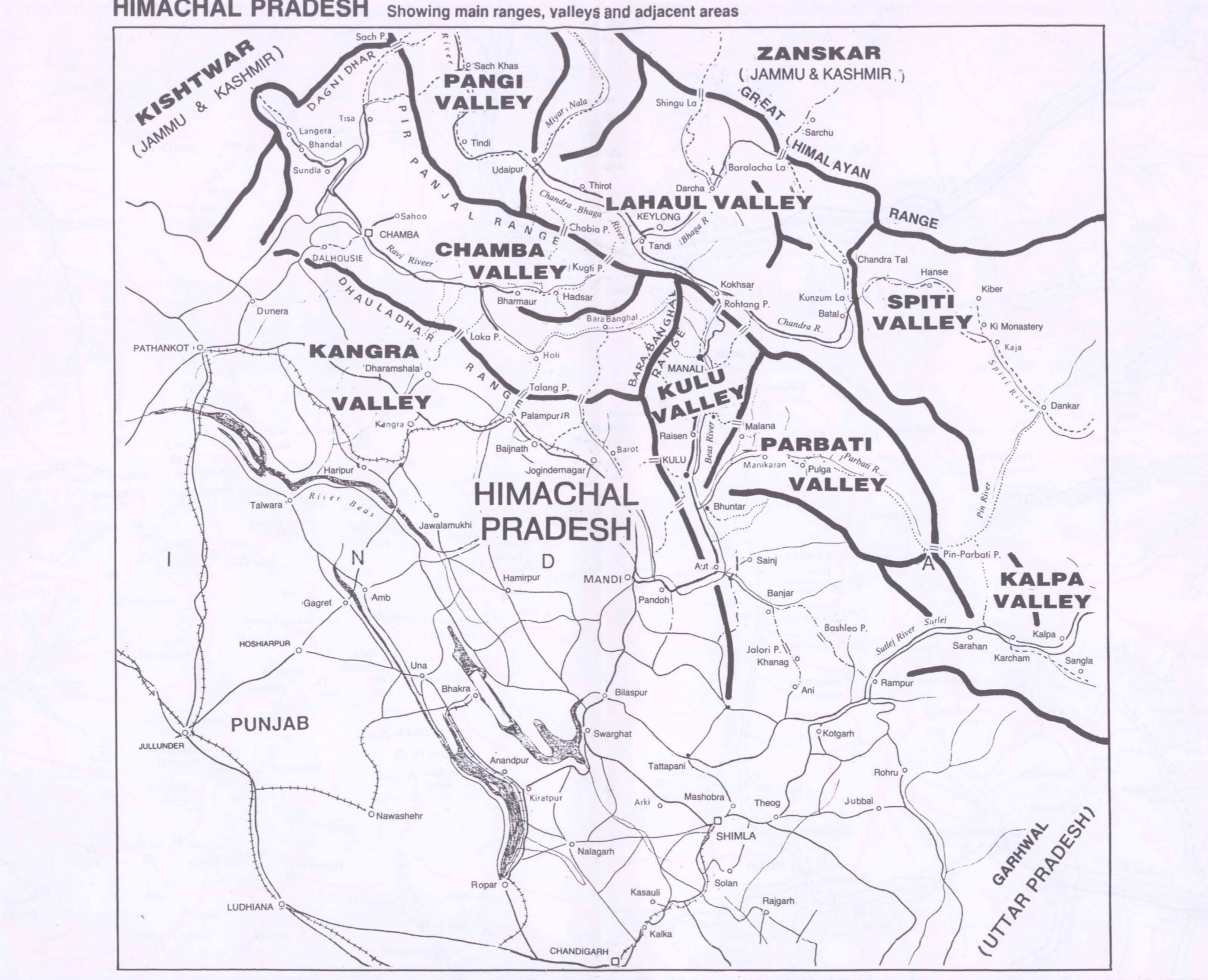
Day 6. Marhi - **Kothi** (2527m) 11 km.
A downhill trek to Raha Falls, then to Kothi. Forest rest-house.

Day 7. Kothi - **Manali**, 13 km.
Trek, via Paichan village, along the river Beas, then follow the motor road.

Trek 3

MANALI - ZASKAR TREK over FOUR PASSES

An adventurous and most rewarding trek from Manali and back again, over Rohtang Pass (3978m),



Baralacha Pass (4891m), Phirte Pass (5435m) and Shingu La (5100m). Special permission is required to go beyond Darcha (32° 41'N, 77° 12'E).

Day 1. Manali - **Darcha** (3300m) 125 km.
An eleven hours journey by bus over Rohtang Pass. Police check-post at Darcha.

Day 2. Darcha - **Zingzangbar** (4150m) 20 km.
A gentle ascent on foot via Patsoo and Tapachan.

Day 3. Zingzangbar - **Saral Kilang** (4460m)
Climb S.E. to Baralacha Pass (4891m) then descend towards N.E. to Saral Kilang. It is a camping ground amidst a grassy oasis.

Day 4. Saral Kilang - **Debni** (4360m)
The trail, now just a path, continues North then to West alongside the Lingti Chu. Many turbulent streams to be forded. Camping ground at Debni.

Day 5. Debni - **Chumik Marpo** (4600m)
Make an early start so as to cross Karnur Chu while the water level is still low. Chumik Marpo camping ground is situated at the base of Phirte La Glacier.

Day 6. Chumik Marpo - **Zingchen** (4460m)
An easy walk over Phirte La (5435m), then a steep descent to Zingchen in Zaskar Valley. The camping ground is situated in front of a acre slope.

Day 7. Zingchen - **Kurgiakh** (4060m)
Climb the scree slope, then go down the steep path to Stange where the path joins main Darcha-Padum trail. Turn South for Kurgiakh village. There are good camping grounds beside the Kurgiakh Chu.

Day 8. Kurgiakh - **Lakong** (4400m)
A most enjoyable trek through the open valley. Start early so as to ford the several streams en route. Lakong is a grassy slope situated at the base of Shingu La.

Day 9. Lakong - **Ramjak** (3750m)
Set off for the climb to Shingu La (5100m) as early as possible. High cold winds at the top of the pass. Easy trek down to Ramjak. Camping ground (in Zaskar).

Day 10. Ramjak - **Darcha**
A long trek, mostly downhill over dry and rough terrain. Many turbulent streams on the way. Stop for the night en route or continue on to Darcha. From there back to Manali by bus, a full days journey over Rohtang Pass through Lahaul valley.

Trek 4

MANALI - PADAM TREK

A most rewarding trek of 8 days from Manali (Himachal Pradesh) to Padam over Shingu La (5100m). Part of the journey from Manali to Darcha (32° 41'N, and 77° 12'E) can be done by bus. Best period: June to 15 October. Permission is required from the Government to go beyond Darcha.

Day 1. Manali - **Darcha**
A bus leaves Manali every day during the summer season for Keylong and Darcha (3300m) in Lahaul Valley; the journey takes about 10 hours. Situated at the confluence of River Bhaga and Baral Nala, Darcha is an open camping ground. There is a police control post at Darcha. Arrangement for hiring mules in Darcha should be made at Manali, where there are a few contractors who deal with these matters.

Day 2. Darcha - **Ramjak** (3750m)
Start early morning because a few streams have to be forded on the way. This 16 km trek is fairly easy for the first 12 km but the last part of 4 km is a very steep climb.

Day 3. Ramjak - **Shingu La** (5100m) - **Lakong** (4400m)
A continuous climb of 8 km over boulders up to Shingu La. The pass is known for its cold wind. A very steep descent of 5 km to Lakong camping ground.

Day 4. Lakong - **Kurgiakh** (4000m)
A very pleasant trek through the most spectacular broad valley with mountain ranges of stern grandeur on both sides. Kurgiakh, the first village to be reached from this direction, is 12 km distant from Lakong.

Day 5. Kurgiakh - **Purne** (3745m)
A fairly easy trail of 21 km along the river Tsarog Longti, through the picturesque villages of Tonze and Tetha. Purne is a small hamlet consisting of two houses.

Day 6. Purne - **Phuktal Gumpa** - **Purne**
This 12 km side trek to Phuktal Gumpa and back is the most rewarding. The honey comb like monastery of Phuktal is a rare sight. In the huge cave over the monastery there is a water hole whose water remains constantly at the same level.

Day 7. Purne - **Mone** (3650m)
It is again an easy trail past the village of Sule to Mone Gumpa where the valley opens up and a good camping ground is available.

Day 8. Mone - **Padam** (3531m)
An almost level walk of 18 km, 6 km beyond Mone is the Burdon Gumpa, standing majestically at the top of a huge rock. At Padam the valley broadens out and the river flowing northwards is called the Zaskar River; ultimately it flows into the river Indus, near Leh.

This trek can be extended to Lamayuru (see Trek 1). Alternatively one can take a lift in a truck and reach Kargil on the Srinagar - Leh Highway.



Trek 5

NAGGAR TO MALANA via CHANDERKHANI PASS

It is an easy trek to the secluded village of Malana which is said to be the oldest republic. From Malana, the trail leads to Malana glacier, then to very hot water springs of Manikaran in Parbati valley. Period - April to November.

Day 1. Manali (1896m) - **Naggar** (1840m) 21 km.
A short journey down the Beas Valley by bus or taxi. Tourist rest house of Naggar is situated in an ancient castle.

Day 2. Naggar - **Rumsu** c.g. (2378m) 5 km.
A short 3 km climb S.E. through the ancient village of Rumsu. Camping ground is 2 km further on.

Day 3. Rumsu c.g. - **Malana** (2655m) 12 km.
The trail leads over a crescent shaped ridge and over Chanderkhani Pass (3660m). Camp outside the village.

Day 4. Malana - **Kikhsa Thach** (3400m) 14 km.
A beautiful gentle climb through thick forests and meadows along the Malana Nala.

Day 5. Kikhsa Thach - **Malana Glacier** (3400m and above) 5 km.
A gradual climb through Alpine forest. From Malana glacier one can see dozens of peaks all around.

Day 6. Malana Glacier - **Malana** (2652m) 19 km.
Same as outward journey.

Day 7. Malana - **Rashol** (2440m) 14 km.
The trail crosses the Malana Nala, then climbs to Rashol lot (3260m); it then drops steeply to Rashol village. A cave shelter will be found 1 km before the village.

Day 8. Rashol - **Kasol** (1585m) **Manikaran** (1700m) 11km.
A steep descent to Kasol in the Parbati Valley. Tourist rest house of Kasol is located on the left bank of Parbati River. 3 km up-river is situated Manikaran, with very hot non-sulphurous water springs. Here is a Sikh temple and an ancient Hindu temple; one can stay in the Sikh temple or in the newly built Tourist Lodge.

Day 9. Manikaran - **Manali**
A bus journey of six hours via Bhanur (airport), at the confluence of the Parbati and Beas rivers.

