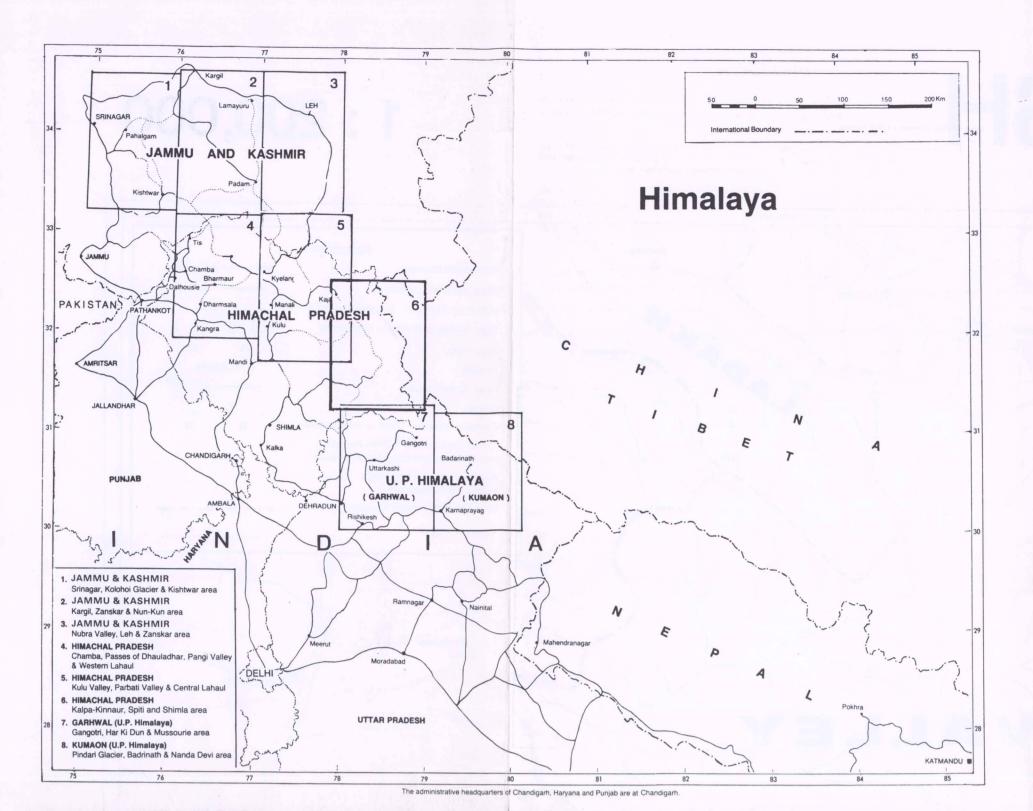
Indian Himalaya Maps Sheet 6 HIMACHAL PRADESH 1:200,000 Kalpa-Kinnaur, Spiti and Shimla area References Parang or Pare Chu Camping ground: Cave or Rock shelter Forest Rest House, P.W.D. Bungalow Boroglen 5180 D Chagia Sumdo O Chigzar Karcha Pk. Chau Chau TIBET 6312 A Ratang Tower Rangdo Snow Cone 6310 6283

Shigri Q Ratang . 5608 🛆 , shigri Parhat Dankhar Gompa △ 5334 = Parahio Col Parbati 6310
Parbati 6310
Parbati Col.
Porboti Col. Pangdom Makalu Pohata Chhidang O Dibi Bokri Pyramid Niyungput Dibibokri Gl. S.Dibibokri Gl Herang 3753 0 Fluted Pk. Shalkar Sapona o Thiling Takal Thach Mud 🗗 Chomulang Pass Rankali 4420 • Pamchung ! D:Syabang LEO PARGIAL Kul a Eiger 🛆 or Killung La /. Wichkhurang Thach Larsa Kaptang Mantalai" Th. Parbati South Rangbar Thangachar 0. Silo Gogri 5792 A Ridge Pk. * Namgia Larsa Th. Giabang Tarikhango P. Shila Danswari Munda Tapra Manglang Dobling Ningalo Raktha Thach Kansarang . D Rishi Dogri Kamba Podal Th. △ Pishu Gang Chua Senduria ' D' Nagas Thach Yuchrunga Labrang O Kati △ 5185 Thach Asyanga · Dadwa Dogri Muling Deya Narang \ Musrang \ Yagpa Ratpurch O Daswang Rupi Rara O Morang Puncha Bara Khamba Napta Bain Ol Gaurdarang 4422 Rangla O Thangi Jestang Rang Rusrang C Ukhiyang O Nechar Tranda O. Khudna KALPA O * 2300 Tapri Kinner Kailash Paunda Kamrali Chagan T Rakong Peo Joktiaring 1920 * Ox Sarahan ↑ ○ Ragori Jorkaden Lambar Tugrung Yamadaling Thatang O Thada Chichling Dogri Sapni ! Kinu O Runpu Shola Raldang Dhamna Dogri Pass (Mashnu Barua RAMPUR Phawarang 5499 Rahtak Yangpuch Loni Dogri// Lalanthi Maitdi Sangla Sharan Dogri Deothi Dogri / D Thach Di o Gangarang Thatang Rancho GANGDARA DHAR Dogri Ghati Burua Pass Page Ruki Nogli Taklech Charang 5266 Pass Jhalsu Ghati DHAR Mangla Thatang o Mostrang 3435 / Chitkul Rupin Pass Maral Kanda Nalgan Pass ² Sungri Sanchu Thatang Kharsani Danda Surthi DHAR O Pujari (Khamiloga Pass) . 5151 GARHWAL O Torsu Dhargaon O Thaltar CHANSAL Bashla '* O Khashdhar O Sari Dogri O Kitarwari Lamkhaga Pass 6 Dhadruwar Goonpuja Lewari Sewa Dogri To Har Ki Dun To Harsil 78.00 20 Km GLOSSARY OF TERMS Scale 1:200,000 Jot, La, Got, Khango = Pass 1'' = 3.17 miles1 cm = 2 Km= Peak Parbat, Giri, Tibba = Meadow, Grazing ground Thach, Th. Tapra, Dogri, Thatang Tal, Pokhri, Tso = Range



HIMALAYA

Though the formation of the Indian continent is among the oldest in the world, the Himalaya mountains are among the youngest. A geologist can present conclusive proof that the Himalaya were

The Himalaya have attracted geologists, geographers and lovers of nature. They have a strange fascination for artists, poets, photographers and mystics. They are a paradise for trekkers and mountaineers and are the cradle of thousands of rivers, streams and glaciers.

The Himalaya extend over 2500 km in east-west and between 250 km and 425 km in north-south direction. The most extraordinary thing about the Himalaya is the way they have been formed in three parallel ranges, known as: the Great Himalaya, the Lesser or Central Himalaya and the Outer or Siwalik Himalaya. Commencing at Nanga Parbat in the north-west, these ranges pass through Pakistan, Jammu & Kashmir, Himachal Pradesh, Garhwal, Kumaon, Nepal, Sikkim, Bhutan and Arunachal Pradesh. Of these the follwing form the part of Indian Himalaya:

- 1. Jammu and Kashmir which includes: Jammu, Valley of Kashmir, Leh and Zanskar area. 2. Himachal Pradesh - which includes: the valleys of Chamba, Kangra, Pangi, Lahaul, Spiti,
- Kalpa and Simla area. 3. Garhwal and Kumaon Himalaya - which includes: Nanda Devi, Gangotri and Yamunotri area; also called U.P. Himalaya.
- 4. Sikkim 5. Arunachal Pradesh



HIMACHAL PRADESH

Sheet 6

Indian Himalaya

Maps

Kalpa-Kinnaur, Spiti and Shimla area Scale 1:200,000

Trekking routes with short description and physical topography



LEOMANN MAPS



It is a strenuous trek of 8 to 9 days through the barren and desolate region of the Pin and Parbati

valleys. There is no habitation along the trail for many days. Porters should be hired at Manali. Best

The bus from Kaja crosses the Spiti River near Atargo 12 km from Kaja and just before Lingti. From

there it is a 13 km rough and dusty journey to Guling along the Pin River. 3 km up stream from

Guling, a foot trail reaches the Parahio Nala; this river is crossed with the aid of pulleys and the path

continues to Sangam (3753m) where a PWD rest house is located. The trail from Sangam to Mud is

again very rough and strenuous, Mud is a small village of about 30 houses situated approximately 13

km from Sangam. The following day's walk leads through beautiful grazing grounds in the upper Pin

Valley. After crossing the Larang Nala by a boulder-strewn track, the trail reaches Ghurguru camping

ground. From there the trail becomes strenuous and leads over loose stony ground and, after crossing

many turbulent streams, reaches the snout of the Pin Galcier. The trail then climbs steeply over snow

fields. Towards the top of the Pin-Parbati Pass the snow becomes very soft and one sinks knee deep

The trail continues down from the pass to the Parbati Glacier. Mantalai camping ground (4074m) is

situated just beyond the snout of the Parbati Glacier and there is a large rock shelter that can

accommodate more than 30 people. The trail continues downwards and passes through the meadows of

Kach Thach and Bakar Bihar Thach to reach Pandav Bridge (3741m). One can continue down alongside the Parbati River (see sheet-5) as far as Manikaran, 1700m, (32° 01'N, 77° 22'E) where very

hot water springs are to be found. There is a Tourist Bungalow at Manikaran, also a Gurudwara (Sikh temple) where one may stay. Kulu, the capital of Kulu Valley, is a three hours bus journey from

These are available at Manali or anywhere in Kulu valley on reasonable rates. These can be hired

Camping can be done at any suitable place in the wilderness. There are no designated areas as it is

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 accessibleonly 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 Zanskar valleys can be visited during these months as these areas receive

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, Bara Bhangal 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, Zanskar and Garhwal Himalaya.

SPITI VALLEY

Rudyard Kipling describes Spiti in "Kim" in these words: "At last they entered a world within a world a valley of leagues where the high hills were fashioned of the mere rubble and refuse from off the knees of the mountains..... Surely the gods live here. Beaten down by the silence and the appalling sweep of dispersal of the cloud-shadows after rain. This place is no place for men.

Spiti, also called "Piti," is bounded on its south and west by the valleys of Kulu and Lahaul; the region of Ladakh lies to the north and the Kalpa valley lies to the south-east. Geologically and archaeologically, Spiti is a living museum. The mountains are devoid of any vegetation and erosion by wind, sun and snow over thousands of years has laid bare the rocks. The rugged and rocky mountain slopes sweep down to the river beds giving the landscape a moon-like appearance.

Spiti Valley is formed by the Spiti River, which rises on the slopes of Kunzum La (32°24'N, 77° 39'E) shown on the map 5, and ends at the river's' confluence with the Pare Chu near Sumdo (32° 04'N, 78° 36'E). The length of the valley from Kunzum Pass to Sumdo is about 150 km. On its way, the Spiti River receives the waters of many streams, of which Guindi Nala, Pari Lungbi Chu, Pin River and Lingti River are the most important. Pari Lungbi Valley, Pin Valley and Lingti Valley are only partly inhabited. Besides these, there are other side valleys that, due to their high elevation and rigorous climate, are not

Tourists and trekkers approaching Manali, in Kulu Valley, or the Lahaul side will arrive first at Losar village (32°26'N,77°46'E), 19 km from Kunzum La. On approaching the village they will find a police check post there. Special permits are required in order to enter Losar village or to go beyond it. These permits must be obtained in advance from the Home Ministry in New Delhi.

About a dozen peaks over 6000 m, clearly visible to the south of Losar, can be approached through the narrow valley opening to the south.

Beyond Losar the Spiti valley is very broad as far as Kaja (32°13'N, 78°05'E), the chief town of Spiti Valley. From Kaja one can visit the three most famous monasteries of Ki (32°18'N , 79°00'E), Dankhar (32°07N, 78°12′E) and Tabo(32°05′N, 78°23′E). About 13 km beyond Kaja, the Pin and Lingti rivers join the Spiti near Lingti village. The river bed here is exceptionally broad. The road continues down the valley, which becomes progressively narrower. After passing through many villages the road reaches Khab, at the junction of the Spiti and Satluj rivers (31°48'N, 78°39'E). The road then continues southwestwards to Kalpa, Shimla and beyond.

KINNAUR

Kinnaur is one of the more scenic but less known districts of Himachal Pradesh. Located on the Indo-Tibetan border, it is surrounded by Tibet to the east, Garhwal Himalaya to the south, Spiti Valley to the north and Kulu Valley to the west. The Satluj River, which rises on the southern slopes of Kailash Parbat near Mansrover in Tibet, flows through the Kinnaur Valley. Because the valley is situated at a high altitude, the summers are short and the winters are long. In winter some of the inhabitants migrate to the lower areas, taking with them their goats and sheep. Most of the land consists of rugged barren mountains; it receives little rainfall and the desolate countryside can be compared to that of the Ladakh

Due to the proximity of Kinnaur to Tibet, the lifestyle and religion of its inhabitants have been influenced by Buddhism, though the majority of the people practice Hinduism. Buddhism is prevalent in the northern and central regions of Kinnaur. Almost every village has a gompa or a temple. There are imposing monasteries at Morang (31° 36'N, 78° 27'E) and Namgia (31° 48'N, 78° 40'E); These contain beautiful sculptures and wood carvings. The people are god-fearing and honest. The custom of polyandry helps in keeping the population within limits.

Kinnaur is a land of legends and mythology. The most ancient inhabitants of this land were Kinner and Kirats. These tribes are also referred to as "Gandharavas" in Vedic literature. About 2000 B.C. a branch of Aryans, called Khashas, penetrated the Himalaya from Central Asia through Kashgar and Kashmir and dominated this whole area. Later, in 13th and 14th centuries, the Bhotias came from Tibet to this

Kinnaur is an enchanting land about which travellers have left valuable accounts. Notable among them were Capt. Alexander Gerard, Andrew Wilson, James Baillie Fraser and the great Indian scholar, Rahul Sankritayan. Nature's work here is awe-inspiring. From the moment the Satluj River enters India from Tibet near Shipki La (5669 m), above Namgia, it cuts its way through the great Himalayan Range and passes through spectacular gorges carved by its strong currents. The Spiti River, flowing down from the north, joins the Satluj at Khab and the Baspa River, coming from the east, joins it at Karcham (31° 29N,

The old Hindustan-Tibet road, which was the main trade route to and from Tibet, passes through the Kinnaur Valley. A walk along what remains of this road is fascinating. After passing through the ancient villages of Sarahan, Sungra, Nechar, Wangtu, Pangi, Sangnam and Pooh, situated along the banks of the Satluj, the road finally enters Tibet at Shipki La.

The main peaks of this region include: Leo Pargial-679lm(31°, 54'N, 78° 44'E), Kinner Kailash-6050m (31° 31′N, 78° 32′E) with Jorkaden-6473m to the immediate south, and Raldang-5499m(31° 28′N, 78° 18'E) and Phawarang (6349m). The twin peaks of Gushu-5607m and Pishu-5672m(31° 42'N, 77° 45'E) are situated between Sarahan and the Pin-Parbati Pass (31° 48'N, 77° 51'E).

Kalpa (31° 32′N, 78° 15′E)

Situated in the shadow of the Kinner Kailash massif, Kalpa (2300m), is the principal town of Kinnaur district. It is about 245km from Shimla, the capital of Himachal Pradesh. The finest view of the Kinner Kailash Massif can be had from the Chini Forest rest house situated about 2 km above Kalpa at 2865m. A special permit is required to go beyond Wangtu (31° 33'N, 78° 01'E); this must be obtained in advance from the Home Ministry located in New Delhi. The ancient villages of Pangi, Morang and Kanum are situated close to Kalpa or upstream along the Satluj River and they offer a good opportunity to observe the lifestyle of their inhabitants

Kalpa can be reached from Shimla railhead by bus or taxi. The distance is 245 km. The road runs east from Shimla through the picturesque town of Narkanda (2725m), then goes down to meet the Satluj River at Luhri after which it follows the Satluj River upstream via Rampur (132 km) and Rakong Ped

The bus journey takes about 12 hours. Apart from a few inexpensive hotels, there is a Tourist Bungalow at Kalpa.

MORANG — CHITKUL TREK via CHARANG PASS (5266m)

This is a medium trek of 7 to 8 days that follows the north and east sides of the Kinner Kailash and Phawarang Massifs. The trail passes through the Tirung Gad valley and crosses Charang Pass to reach Chitkul in Baspa Valley.

The trail starts from Morang, which can be gained by bus from Kalpa. There is a provision store and a rest house at Morang. The trail follows the true left bank of the Satluj River for a short way until it reaches the confluence with Tirung Gad. From there the trail turns south-east and after going through a narrow valley, comes to Thangi. The journey from Morang to Thangi can be done also by jeep. Thangi is a small village where mules can be hired for the trek.

The path leaves Thangi and passes through barren mountainscape until it reaches Rahtak camping ground. From there the track turns towards the south-west and climbs steeply to Charang Pass (5266m). After descending alongside the rock-strewn stream on the other side, the trail terminates at Chitkul in Baspa Valley. From Chitkul to Karcham is the same as describad in the Baspa Valley trek.

RUPA VALLEY — SPITI VALLEY TREK

This is 7 to 8 days trek which starts from Shi Asu (31° 43′N, 78° 32′E) situated on the Hindustan Tibet road; the village can be reached by bus from Kalpa. At Shi Asu there are a few eating shops, a provision store and a PWD rest house. Best Period: August 1 to September 30.

The track from Shi Asu to Sangnam heads N.W. and is a gradual climb of 9 km. Sangnam is a large village with a few shops and a temple. From there to Rupa (2925m) is another gradual ascent of 6 km through apricot orchards. This is the last village on this route. Essential provisions and kerosene oil available there. The trail continues up along the Rupa Gad and crosses a stream before reaching Rangbar camping ground, about 14 km from Rupa village. From Rangbar it is a stiff climb of about 4 km to get to Panktil (4010m), which stands high up overlooking the confluence of the Rupa Gad and the Chuktayanjan Gad flowing down from N.W.; a few shepherds' huts are also located there. From Panktil the trail follows the shepherds' track northwards, dropping gradually along the course of the Rupa Gad to reach Sumdo Thach (3660m); this is a beautiful meadow overlooked by the peaks of Manirang

The trail then leaves the Rupa Gad and climbs steeply for 300 m on to a rocky ridge, which it traverses; then it descends to the Pamchung camping ground (3960m). A big overhang can be seen between Sumdo Thach and Pamchung; it is customary camping site for shepherds during their journey.

The next stage from Pamchung to Rankali (4420m) is again a stiff climb of about 4 km. Rankali is at the foot of the Manirang Pass, and from there the trail continues through the centre of a gully. The climb to the Manirang Pass (5600m) is long and gradual and takes about 8 hours. The Manirang Peak (6593m) stands to the north-east of the pass (in some of the maps it is wrongly shown as south-west of the pass. but that peak is Manirang South, 5888m). From the pass the trail drops steeply to Sapona (in Spiti Valley), then goes on to Mane village, situated on the right bank of the Spiti River.

A few kilometres beyond, the trail crosses the Spiti River over a bridge between Sichling and Po and meets the main road for Manali and Shimla. From there one can take a bus either for Manali over the Kunzum and Rohtang passes (see sheet-5) or for Shimla via Wangtu and Rampur.

The region around Rampur (1000m), which lies approximately 35km downstream from Wangtu, is open to foreigners. It offers a rare insight into customs, religion, art and architecture of its people. Rampur was once the capital of the erstwhile Himalayan kingdom of Rampur Bushehr. A fair, called "Lavi Fair", is held there every year between November 11th and 14th. Men and women dressed in traditional costumes come to attend this fair from far off corners of Kalpa and Kinnaur. A special bazaar is held where they can be seen sitting in groups, selling raw wool, shawls and handicrafts, along with walnuts, almonds and other dried fruits.

113km beyond Rampur

How to get there Regular buses ply between Shimla and Rampur (132 km), taking about 8 hours. Kalpa is situated

There is a Tourist Bungalow at Rampur as well as several hotels.

Due to its close proximity to Tibet, Spiti has been greatly influenced by Tibetan Buddhism. There is a network of monasteries (Gompas) each containing priceless works of Buddhist art. The Ki monastery, 3900 m, is the biggest and most impressive; it is situated on a ridge, 12 km north-west of Kaja and on the left bank of the Spiti River. The cells of the monks rise tier upon tier till they reach the main building at the top. Kiber (32°20'N, 78°00'E), at an elevation of 4235 m and said to be the highest inhabited village of India, is 8 km north of Ki. Both places can be reached from Kaja by bus.

Dankhar Gompa (3889m) is a curious old place, which overhangs the left bank of the Spiti River and can be seen perched 400 m above the road. There must have been a fort at this place in ancient times but no trace of it is now visible. It too can be reached by bus from Kaja. The road for Dankhar branches off the main road near Sichling, 24 km south-east of Kaja. Dankhar Gompa is another 8 km further up.

The monastery at Tabo (3200 m) contains some most beautiful specimens of Buddhist art. Huge Thankas (cloth paintings) and Statues adorn the big hall. Tabo is 23 km downstream of Sichling and is likewise situated on the main Manali-Shimla highway. There is a PWD rest house for the visitors.

Kaja (32°13′N, 78°05′E)

Monasteries

Kaja, the capital of Spiti Valley, is situated 76 km south-east of Kunzum La and 74 km from Sumdo. It is a growing village div ided into two parts: old Kaja, inhabited by the local people, and new Kaja, where ugly looking tin-roofed government buildings are located. The village is an important roadhead with a modest market. Buses for various places start from there and jeeps are also available on hire.

A short trail leads from Kaja to Hikim, and to Langja village situated in the Shila Valley. Another picturesque trail climbs over the ridge east of Kaja and, after passing through the small namiets Kuangme and Jumal, continues down to Sanglung in Lingti Valley. From there one can reach Lingti village through the Lingti gorge. How to get there:

Kaja is connected with Manali and Shimla by a good weather road. Manali is 201 km south-west of Kaja and Shimla is 412 km south-south-west. A bus service operates from Manali via Rohtang Pass (see sheet-5) and Kunzum La, taking about 12 hours. The bus from Shimla passes through the Kalpa Valley and takes two full days.

Where to stay: There is a PWD rest house and a few inexpensive hotels at Kaja.

KISHTWAR

Pin Valley

Pin Valley is formed by the Pin River, which rises on the eastern slopes of Pin-Parbati Pass (4802 m) and meets the Spiti River exactly opposite Lingti village. On the way it is joined by the Parahio Nala near Pokchung (32°02'N, 78°04'E). Parahio Valley has several peaks and glaciers and it has been proposed that the valley be declared a national park.

From Pin Valley one can cross to the Kulu Valley over Pin-Parbati Pass; and to the district of Kinnaur via Shakarof Pass 5022 m (31°46′N, 77°53′E) or Tarikhango Pass 4866 m (31°47′N, 78°00′E). Pin Valley is much more rugged and barren than the main Spiti Valley. A road is being built through the Pin gorge and now one can travel by bus or jeep from Kaja as far as Guling.

Lingti Valley

This is the largest and the longest side valley of Spiti. It runs north-east from Lingti village 3460m (32° 08'N, 78° 10'E) for about 60 km to its head. Lingti Valley is a living geological museum. Its geological history dates back 250 million years and its shales and fossils are well known all over the world. Gya (6794m), which towers above the northern head of the valley, is the highest peak in Himachal Pradesh. At its summit Spiti, Ladakh and Tibet meet. Gya is a stupendous monolith and a challenge to mountaineers. Other important peaks on the west ridge include: Parilungbi (6160m), Shila (6111m), Chau Chau (or Kang Nilda) (6303m), Tserip (5974m) and Kuwa (5913m). There is one un-named peak of 6527m on the eastern ridge, which forms the frontier with Tibet.

HIMACHAL PRADESH Showing main ranges, valleys and adjacent areas

KANGRA

PUNJAB

LUDHIANA

The small town of Sarahan (1920m) presents a magnificent spectacle of snow-covered peaks and is a

picture of unspoilt pastoral life. Situated 40km east of Rampur and overlooking the Satluj River,

Sarahan was once the ancient capital of Rampur Bushehr. One of the most beautifully constructed

temples to the goddess Bhima-Kali, a building of great antiquity, is to be found there. Sarahan was once

also a centre of commerce. Traders from Bhutan, Ladakh, Kashgar and Yarkand brought their wares to

sell at the town market. Situated on the old Hindustan-Tibet road, Sarahan is an ideal starting point for

many treks. A little used trail leads northwards across the Satluj River and climbs up to the Pin-Parbati

Pass at 4802m. Peter Hillary and Graeme Dingle trekked along this trail during their trans-Himalayan

By bus from Shimla to Jeori (23km beyond Rampur), following the route described in the Kalpa chapter,

where a road branches off to the right and, after climbing gradually for 17km, arrives at Sarahan. The

Himachal Tourist Development Corporation is planning to organise conducted tours from Shimla to

Accommodation is available at a Tourist Bungalow and a PWD rest house. A big trekking hostel,

This is an easy and pleasant trek of 4 to 5 days along the old Hindustan Tibet Road. According to Mrs.

Penelope Chetwode, 'it is one of the most beautiful walks in the world;' from Sarahan the trail leads

through the typical villages of Sungra and Nechar where a few ancient temples are located. These

villages are all open to foreign trekkers. There are several rest houses along the route, some dating

back to 1890; they have been providing shelter to travellers and explorers on their way to Tibet during

all these years. One of the main attractions of this trail is the local colour and the traditional way of life of

The trail follows the metalled road down to Jeori for about 1 km. After a sharp bend in the road, the trail branches off to the right and continues north-east along the old Hindustan Tibet Road. The path leads

through forests of pine, horse-chestnut, oak and rhododendron. The trail is fairly level to start with but

after a few kilometres it descends and crosses two streams; it continues down gently to the Chaura

forest rest house. An ancient temple of Hirma Devi is located 300m below the Chaura Forest rest

Again, this path is a fairly level walk for the first 6km after which it climbs steeply for 2 km to reach the

This is a plesant walk through thick pine forests. The trail goes along the edge of a precipice as far as

Solding Nala, which it crosses by a bridge. The trail then crosses another stream before climbing

gradually to meet a metalled road that links the new Hindustan Tibet road with the villages of Sungra

Nechar is an easy walk of 12 km from the Paunda rest house. After 3 km, one comes to the ancient

temple of Sungra, which is built in the Pagoda style and stands amidst dense pine forests. The rest

house at Nechar is 6 km further on. The villages and temple of Nechar are situated 3 km beyond the

The trail descends from the temple site for about 4 hours to join the new Hindustan-Tibet road at

Wangtu (31° 32′N, 78° 01′E). From there one can take a bus and return to Shimla or to Sarahan.

the inhabitants. Best Period: April to June and August 20 to October 10.

Day 1 Sarahan (1920m) - Chaura (1510m) 16 km

Forest rest house of Tranda, situated on the top of a ridge.

and Nechar. The PWD rest house at Paunda was built in 1890.

rest house. The temple is dedicated to the goddess Ukha or Usha.

Day2: Chaura — Tranda (1800m) 8 km

Day3: Tranda — Paunda (1830m) 10 km

Day4: Paunda — Nechar (1950m) 12 km

Day5: Nechar — Wangtu (1500) 5 km

adjoining the Tourist Bungalow, is also under construction. Reservations can be made from Shimla.

SARAHAN (31° 31′N, 77° 48′E)

Where to stay

VALLEY

PANGI

VALLEY

CHAMBA

VALLEY

HIMACHAL

PRADESH

D

MANDI

LINGTI VALLEY TREK

The first 14 km into the Lingti Valley can be covered by bus or jeep. A newly constructed dust road, which branches off the main road 2 km beyond Lingti village, links Lingti with Lilung (32° 09'N, 78° 13'E). Lilung (3558m) can be approached also on foot from Dankhar Gompa. Yaks for carrying the loads can be hired in Lilung. The Lingti River has carved a deep gorge and it is very difficult to trek along

From Lilung one can trek to Sibu and Lashitang villages. The ascent is gradual for the first 6 km, then the trail climbs steeply before dropping down to Sibu (3900m). From there it descends to the Lingti River and after crossing by a small bridge reaches Lashitang village (3935m). From there an unfrequented and strenuous trail follows Shama Nala upstream, turns south-west to climb Shila Jot (5670m) and then goes to Langja. From there one can come back to Kaja via Komik.

This is a difficult trek taking about 12 to 13 days; it crosses over the Parang La (32° 27'N, 78° 02'E), which leads to the famous Tso-Morari lake situated at an altitude of 4500m. The trail starts from the town of Kaja and, after passing through the awesome and desolated region, reaches Gian 3350m (33° 03'N, 77° 36'E) in Ladakh region. Best period: July 15 to September 30

The 20 km from Kaja to Kiber can be covered by bus or jeep. From Kiber the trail descends steeply for about 550m to the narrow Parilungbi gorge, then it crosses the Parilungbi River and climbs up to a green cultivated patch to reach Dumla. After continuing the climb for a few kilometres, one obtains a spectacular view of Kang Nilda (6303m) to the south-east. To the north-west one can see several peaks standing above Kunzum Pass. The trail then descends for about an hour to reach Thalta camping ground (4875m).

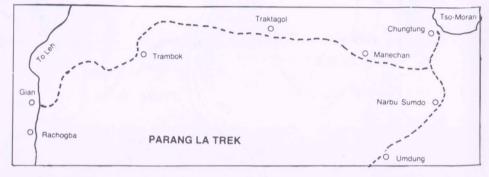
next day's trail descends precariously over shifting shelves of sand and debris of moraine; goe down to the Parilungbi gorge and continues along the river as far as Jagtha camping ground (4785m). From Jagtha: the path rises steeply and continuously over scree and moraine. At the end of this difficult climb there are two glaciated valleys, one to the north, the other to the south. The trail follows the northern moraine and reaches Boroglen camping ground (5180m).

After making its way over scree and a few patches of snow, the trail climbs gradually up to Parang La (5578m). The top of this pass presents a spectacular viewpoint of the peaks and ranges of Lahaul and Ladakh; and Parang Chu, whose source is on the southern slopes of Parang La, can be seen below.

The descent from the pass is over a 4 km long heavily crevassed glacier. The trail follows the Parang Chu for another two days. It passes through a narrow gorge and over loose scree, involving many ascents and descents to the side valleys and streams. This 60 km stretch down to Umdung (4675m) passes through several camping grounds: Kharsa Gongma, Tarang Yongma, Thaktote and Umdung.

About 4 km beyond Umdung, the trail reaches Narbu Sumdo (4660m) from where it leaves the Parang Chu and turns northwards to meet the Phirse Fu in Ladakh region. From there the trail follows Phirse Fu and Sumkhel Lungpa; and after two or three days of easy trekking, reaches the Gian camping ground (3350m), situated on the Manali-Leh highway. From there one can trek (or take a lift in a passing truck) to Manali or Leh. Leh is about 200 km and Manali is about 240 km from Gian. (see sheet-5)

(After crossing the Phirse Fu, one can visit Tso-Morari lake, which is about half a day's walk away. There is a nice camping ground at Chungtung (4510m) on the bank of the lake. The lake is about 28



RANGE

SPITI

VALLEY 'O Ki Monastery

andra Tal

LADAKH

JAMMU & KASHMIR

Parbati P. KALPA

CARINAL

KINNAUR

VALLEY

ZANSKAR

(JAMMU & KASHMIR

PARBATI

VALLEY

Jubbal

AHAUL VALLEY

KULU

Some useful Addresses

Manikaran.

either directly or through an agency.

understood in Europe or in the North American continent.

 Himachal Pradesh Tourist Office, Chanderlok Building, Janpath, New Delhi – 110001. Tel: 345320 2. Mountaineering Institute and Allied Sports, Manali (H.P.) Tel: 42 3. Himachal Pradesh Tourist Office, Manali (H.P.) Tel: 25

4. International Trekkers, Manali (H.P.) Tel: 72 5. Regional Mountaineering Centre, Bharmaur, Distt. Chamba (H.P.)

KAJA — PIN PARBATI PASS TREK

period: August 1 to September 20.

into it. The top of the pass is littered with boulders.

6. H.P. Tourist Development Corporation, Ritz Anexe, Shimla (H.P.) Tel: 3977 & 5071 7. Manager, Himalayan Tourism, Air India, Hansalaya Building, Bara Khamba road, New Delhi -110001. Tel: 3110491

8. Indian Mountaineering Foundation, Benito Juarez Road, New Delhi. Tel: 671211 9. J & K Tourist Office, Chanderlok Building, Janpath, New Delhi - 110001

Baspa Valley

Baspa Valley, also known as Sangla Valley, is by far the most beautiful valley of Kinnaur. It starts from Karcham 1527m (31° 29'N, 78° 11'E) where the Baspa River, coming from the east, joins the Satluj. The road for Baspa Valley branches off from the Hindustan Tibet road at the river junction and after turning south, crosses the Satluj over a bridge to reach Karcham. The road then veers south-east to arrive at Chitkul (31° 21'N, 78° 25'E) via Sangla. The Valley opens up beyond Sangla and is full of wooded slopes as for as Chitkul, (3435 m), the last inhabited village in this valley. Surrounded by green fields and high mountain peaks, Chitkul is like a fairyland. The quaint little houses, temples, gompas, and the people of Baspa Valley conjure up a perfect image of a Shangri - La.

Baspa Valley is connected with Garhwal by several passes. Situated along the southern ridge of the valley these passes from west to east are: Burua Pass or Buran Ghati (4578m), Rupin Ghati (4625m), Nalgan Pass (5030m), Shinka Pass (4575m), Kimilay or Khamiloga Pass (515lm), Borsu Pass (5360m) and Lamkhaga Pass (5284m). The Shinka, Kimilay and Borsu Passes lead to the famous Har Ki Dun valley. The trail over Lamkhaga Pass descends to Harsil (2620m) near Gangotri on the banks of the Bhagirathi River. Another trail branches off at the base of Lamkhaga Pass, climbs up to a 5151m high pass, and joins the main trail on the western side of the pass which meets the Harsil roadhead near Another popular trail climbs north-east from Chitkul and, after crossing Charang Pass (5266m), goes

down N-E to Rahtak where two paths cross; the trail turns left (N.W.) and follows down the Tirung Gad to Thangi and then turns north to Morang (31° 36'N, 78° 27'E), situated on the left bank of the Satluj River. The trek in opposite direction is described in greater detail later.

BASPA VALLEY TREK

There is a regular bus service between Karcham and Sangla (2800m). The road winds its way through narrow valley and round precipitious bends to arrive at Sangla, a fairly large village with a Forest rest house. The old fort of Kamru is situated a few kilometres north of Sangla. A special permit is required to go into this area and beyond. The village of Rakcham (3130m) is approached after a level walk of 8 km through dense forests.

Rakcham to Chitkul (3435m) is a gradual climb of 18 km via Mastrang. There is a Forest rest house at Chitkul. The region beyond Chitkul is a land of rock, snow and glaciers, The trail from Chitkul continues to Dunthi and Surthi, turns north - east and crosses Yumrang Pass (5510m) into Tibet. This also was an old trade route, though not as important as that of Shipki La. KARCHAM - SANGLA TREK VIA SHIBALING PASS (31° 24'N, 78° 13'E). Best Period: May, June

and August 20 to October 10. This is an easy trek of 4 to 5 days, which takes you through the beautiful countryside of Baspa Valley.

The trail from Karcham climbs steeply towards the south for 8 km to reach Sapni village. A temple the trail to Barua passes through apple orchards and involves many ups and downs. Situated 8 km from Sapni, it also has a temple in the centre of the village. From Barua, the path decends for 2 km to the Barua Nala and, after crossing it by a small bridge, goes up and down for another 8 km. From there it is a steep climb to Chasu village (3100m). From Chasu to Dumar (3300m) is a continuous ascent of 5 km throught birch forests. Dumar is a

camping ground where shepherds graze their sheep and have built a few temporary shelters. Shibaling Pass (3980m) is a continuous but gradual climb of 3 km from Dumar. From the pass one can enjoy a vista of snow peaks all around. The trail then descends for 6 km to reach Sangla Kanda. One can bypass Sangla Kanda and continue to Sangla, which is 7 km further on from Sangla Kanda.

SANGLA — HARSIL TREK via LAMKHAGA PASS (5284m)

From Sangla the trail is the same as that for the Baspa Valley trek as far as Surthi. From there the trail for Lamkhaga Pass turns south and after a strenuous trek of about 14 km, reaches the pass. The last stretch up to the pass is very steep. After that the trail follows the Jalandhri Gad (see Garhwal Himalaya sheet-7) down to Harsil roadhead, near Gangotri. One can also cross over another 5151m high pass located to the east of Lamkhaga Pass.

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General Editor: Louis C. Baume

WANGTU — PIN-PARBATI PASS TREK

An adventurous and almost unexplored trail commences from Wangtu, 1500m, (31° 32'N, 78° 01'E); after crossing Shakarof Pass (5022)m, and the Pin-Parbati Pass, (4802m), it reaches Kulu in Kulu Valley. Best period: August 1 to September 30.

Khamba, situated in the Rupi Valley. From there the path follows the Shorang Gad along its left bank for a few kilometres, climbs steeply away from the river and enters a side valley to the north-east; it reaches the secluded village of Kumrang. From there onwards the route is very strenuous. It leads over moraines and small glaciers, crosses the high snow covered Kamba Khango Pass and the Kalang Setal Glacier. The trail then climbs up to the Shakarof Pass (5022m) and descends to the Ghurguru camping ground, situated on the south bank of the Pin River. Ghurguru stands on the main southwards trail coming from Kaja. The route from the camping ground to Kulu over Pin – Parbati Pass is the same as in the Kaja - Pin Parbati Pass trek already described.

SHIMLA

The trail heads northwards from Chaura (31° 34′N, 77° 51′E), about 10 km further down the valley from Wangtu, goes down to the Satluj River, crosses it by a ropeway and climbs up to the village of Bara