TREKKARO.COM
World's Only Free Trekking Gear Company

TREK BROCHURE · 18 NOV 2026



HIMACHAL PRADESH · KULLU · HIMALAYA

Bhrigu Lake Trek

4 days · 3 nights · Moderate · summit at 4,300 m

₹7,200

per person + 5% GST · EMI available at checkout · Free microspikes & gaiters

DURATION	GRADE	HIGHEST POINT	TREK DISTANCE
4 days	**Moderate**	**4,300 m** 14,100 ft	**25 km**

Ask OMI anything

ABOUT THE TREK

Bhrigu Lake at a glance

Trek fee per person	+ 5% GST ₹360	EMI available at checkout
₹7,200	**₹7,560 all-in**	**Book at trekkaro.com/trek/bhrigu-lake-trek**

Free microspikes & gaiters	Free microspikes and gaiters on this trek, no deposit and no charge. Bring your own trekking shoes, warm jacket and poles. Tents and sleeping bags are provided on camping nights.

WHY TREK WITH TREKKARO

- ✓ World's only Free Trekking Gear company, since 2018
- ✓ Groups capped at 20 · one leader or guide for every 8
- ✓ Certified trek leaders, oximeter checks, first-aid kit
- ✓ Hot, fresh meals cooked at camp
- ✓ 4.7 on Google · 4.9 on Facebook
- ✓ Free rescheduling up to 8 days before

There is a short list of Himalayan treks that put you on the rim of a genuine high-altitude glacial lake in under three days of walking, and Bhrigu Lake sits right at the top of it. Starting barely an hour outside Manali, this trail climbs through cedar forest and wide-open meadows to a turquoise lake sitting at 14,100 ft, ringed by the snow peaks of the Pir Panjal, with no technical climbing and no multi-week commitment required.

Bhrigu Lake (4,300 m / 14,100 ft) sits in the Kullu district of Himachal Pradesh, just east of Rohtang Pass, in the high alpine zone above Manali's Beas valley. Unlike most Himalayan treks that shut down the moment the monsoon arrives, Bhrigu Lake is one of the rare exceptions that stays open — and arguably gets more beautiful — through June, July, August, and September. The trail begins at Gulaba, 22 km from…

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Early & Late Season (mid-May, early Oct)	Daytime: 8°C to 15°C, Night: -2°C to 4°C. Monsoon (Jun–Sep): Daytime: 12°C to 20°C, Night: 2°C to 8°C

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DAY BY DAY

The itinerary

1 DAY 1

Manali to Gulaba

22 km drive, 1 hr; then trek to Gulaba Meadows Camp; 4 km, 3-4 hrs

The group meets at Beas Bridge in Manali at 10:00 AM. From there you drive about 22 km up the Manali–Rohtang road, towards Rohtang Pass, to the small roadhead at Gulaba. The drive takes around an hour.

2 DAY 2

Gulaba Meadows to Rola Kholi (3,900 m / 12,800 ft)

4 km, 4-5 hrs

Today the trail leaves the forest behind. You climb through high meadows and the last of the tree line into open alpine grassland, the thatch this trek is known for.

3 DAY 3

Rola Kholi (3,900 m / 12,800 ft) to Bhrigu Lake (4,300 m / 14,100 ft) and back to Rola Kholi

9 km, 6-7 hrs

The day starts early, with breakfast before sunrise. You leave camp early to reach the lake before the afternoon cloud comes in. Above Rola Kholi the trail climbs steep grassy slopes straight away, with no warm-up.

4 DAY 4

Rola Kholi (3,900 m / 12,800 ft) to Gulaba

8 km, 4-5 hrs; then drive to Manali; 1 hr

Your last morning at Rola Kholi starts with breakfast. Then you retrace the route down through the meadows and back into the forest, about 8 km and 4–5 hours on foot.

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PICK YOUR DATES

Upcoming departures

MAY 2027
15 – 18
Sat to Tue · 4 days

MAY 2027
19 – 22
Wed to Sat · 4 days
Buddha Purnima

MAY 2027
22 – 25
Sat to Tue · 4 days

MAY 2027
29 – 1 Jun
Sat to Tue · 4 days

JUN 2027
5 – 8
Sat to Tue · 4 days

JUN 2027
12 – 15
Sat to Tue · 4 days

JUN 2027
19 – 22
Sat to Tue · 4 days

JUN 2027
26 – 29
Sat to Tue · 4 days

JUL 2027
3 – 6
Sat to Tue · 4 days

JUL 2027
10 – 13
Sat to Tue · 4 days

JUL 2027
17 – 20
Sat to Tue · 4 days

JUL 2027
24 – 27
Sat to Tue · 4 days

JUL 2027
31 – 3 Aug
Sat to Tue · 4 days

AUG 2027
7 – 10
Sat to Tue · 4 days

AUG 2027
14 – 17
Sat to Tue · 4 days

AUG 2027
21 – 24
Sat to Tue · 4 days

AUG 2027
28 – 31
Sat to Tue · 4 days

SEP 2027
4 – 7
Sat to Tue · 4 days

SEP 2027
11 – 14
Sat to Tue · 4 days

SEP 2027
18 – 21
Sat to Tue · 4 days

SEP 2027
25 – 28
Sat to Tue · 4 days

live seats and booking: trekkaro.com/trek/bhrigu-lake-trek · booking closes at 5 PM the day before departure · groups capped at 20 with one leader or guide for every 8 trekkers.

Ask OMI anything

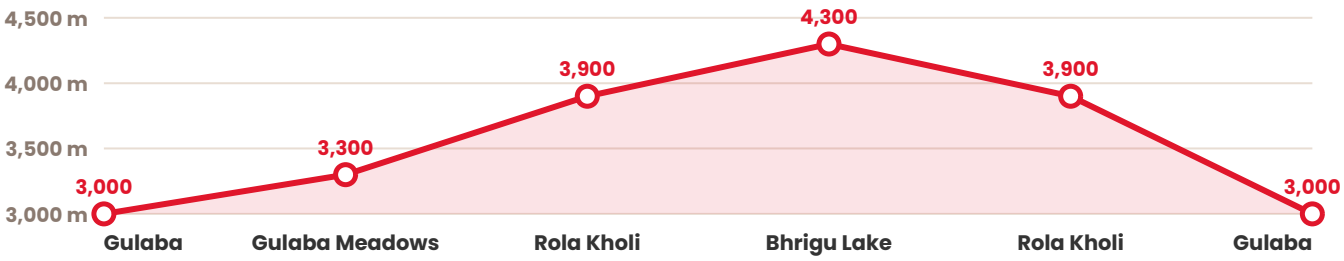
ON THE MAP

The route



Satellite view with the camps and the summit marked; the trek page has the same map with the trail walked day by day.

ALTITUDE PROFILE



ROUTE, STOP BY STOP

1. **Gulaba** 3,000 m
   Day 1 · Base · Road head above Manali
2. **Gulaba Meadows** 3,300 m
   Day 1 · Camp · First camp
3. **Rola Kholi** 3,900 m
   Day 2 · Camp · Shepherd meadow camp
4. **Bhrigu Lake** 4,300 m
   Day 3 · Lake · High-altitude lake
5. **Rola Kholi (return)** 3,900 m
   Day 3 · Camp · Back to camp
6. **Gulaba (trek end)** 3,000 m
   Day 4 · Base

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FEE COVERS

What is included

✓ **Accommodation**	3 nights camping on the trail at Gulaba Meadows and Rola Kholi, on a triple-sharing basis (3 per tent).
✓ **Meals**	All meals from Day 1 lunch to Day 4 breakfast: breakfast, lunch, evening snacks and dinner.
✓ **Permits & Camping Fees**	Kullu Forest Division trekking permits and checkpost fees, arranged by Trekkaro.
✓ **Camping & Safety Equipment**	3-person tents, sleeping bags and sleeping mats at all campsites. Free microspikes and gaiters (no deposit, no charge). Basic first-aid kit, oxygen cylinder and emergency evacuation support.
✓ **Trek Team**	Trekkaro trek leader and support guide for all 4 days. Kitchen staff, camp helpers, and mules or porters for the common equipment. Trek completion certificate when you reach Bhrigu Lake and return to Gulaba.

OPTIONAL ADD-ONS

Backpack Offloading	**₹2,000** + 5% GST for the whole trek (max 9 kg)
Single Tent Occupancy	**₹2,000** + 5% GST for the whole trek

What is not included

× **Transport**	Manali to Gulaba and back. Transport is not included in the trek fee: we help the group book shared cabs, paid directly to the driver and split among trekkers. The shared cab Manali to Gulaba costs ₹ 900 per person one way (₹1,800 both ways). The taxi fare is paid by the trekkers, so carry cash from Manali. Travel to and from Manali (flights, trains or buses), arranged by you.
× **Backpack Offloading (optional)**	₹2,000 + 5% GST for the entire trek. Maximum weight: 9 kg; no suitcases, trolleys or duffel bags.
× **Single Tent Occupancy (optional)**	₹2,000 + 5% GST per tent for the entire trek.
× **Personal Equipment**	Trekking shoes, jacket and trekking poles: bring your own (microspikes and gaiters are provided free). Your personal clothing.
× **Trek Insurance**	Travel or trek insurance with high-altitude cover is mandatory and not included; arrange it yourself.
× **Anything Not Mentioned Under Inclusions**	Accommodation in Manali before or after the trek. Personal expenses such as tips, phone calls, laundry and extra snacks.

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PACKING LIST

Things to carry

Basic Gears

Bhrigu Lake climbs to 4,300 m between mid-May and mid-October, including the rainy months of July–August, so bring your own sturdy footwear and keep everything rain-proof.

- **Trekking shoes** – bring your own: broken-in, with ankle support and waterproof
- **Trekking poles** – bring your own; they help a lot on the 8 km descent on the last day
- **Microspikes and gaiters** – provided free (no deposit, no charge)
- **Backpack** – 50–60 L with a rain cover
- **Day pack** – 20–30 L, for the lake day
- **Water bottles** – 2 x 1 L
- **Headlamp** – with spare batteries, for camp nights and early starts

Clothes

The meadows are pleasant by day but the camps near the 4,300 m lake turn cold at night, and June to September brings rain, so pack 3 warm layers plus full rain gear.

- **Padded or insulated jacket** – bring your own, for evenings at camp
- **Thermal inners** – 2 sets, top and bottom
- **Fleece jacket** – 1, for walking in the cold and at rest stops
- **Waterproof jacket and waterproof trek pants** – essential from June to September
- **Trek pants** – 2, quick-dry; no jeans
- **Collared T-shirts** – 3, quick-dry
- **Socks** – 4 pairs of trekking socks, plus 1 woollen pair for sleeping
- **Caps** – a sun cap and a warm cap
- **Gloves** – 1 fleece or woollen pair; a waterproof pair helps on rainy days

Accessories

The high meadows are open to strong sun on clear days and to rain in the monsoon months, so protect your skin and keep electronics dry.

- **UV sunglasses** – for the bright high-altitude sun
- **Sunscreen** – SPF 50+
- **Lip balm** – with SPF
- **Quick-dry towel** – small and light

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- **Toiletries** – toothbrush, toothpaste, biodegradable soap and hand sanitiser; no wet wipes, as they are not biodegradable
- **Ziploc bags** – to keep your phone, power bank and documents dry, and to pack wet clothes
- **Personal medical kit** – your regular medicines and a small first-aid kit; consult your doctor before a high-altitude trek

Others

Manali has the last ATM before the trek, so carry the cash you will need for the shared taxi and small expenses.

- **Cash** – for tips, snacks and the shared taxi; the last ATM is in Manali
- **Waste bag** – a small bag to carry your waste back down
- **Camp slippers or sandals** – to rest your feet at camp
- **Lunch box** – reusable, for packed lunches on the trail
- **Snacks and ORS** – dry fruits, energy bars and a few ORS sachets
- **Power bank** – to keep your phone and headlamp charged

Mandatory Documents

- **Government photo ID** – original plus a photocopy
- **Booking confirmation**
- **Medical certificate** – signed by a doctor; mandatory for every trekker. The form is in My Bookings.
- **Travel insurance** – mandatory, with high-altitude and evacuation cover

Ask OMI anything

GETTING THERE

How to reach

BY AIR

Nearest airport: Bhuntar Airport (Kullu–Manali, KUU), about 50 km / 1.5–2 hrs from Manali by taxi, with flights from Delhi. Flights are limited and weather-dependent, so plan to reach Manali the day before the trek starts.

From Manali to Gulaba: Day 1 begins with a 22 km, about 1 hr drive from Manali to Gulaba, then a 4 km (3–4 hr) walk to the Gulaba meadows camp. The shared taxi is paid by the trekkers, so carry cash from Manali. The pickup is at Beas Bridge, Manali at 10:00 AM on Day 1.

Return: On Day 4 you walk 8 km (4–5 hrs) down from Rola Kholi to Gulaba and drive about 1 hr back to Manali. Book your flight from Bhuntar for the next day.

BY TRAIN

Nearest railway station: Manali has no railway. The nearest major station is Chandigarh, about 300 km away (Kalka and Ambala are other options); from Chandigarh a bus or taxi to Manali takes about 8–9 hrs, so plan to reach Manali the day before the trek.

From Manali to Gulaba: Day 1 begins with a 22 km, about 1 hr drive from Manali to Gulaba, then a 4 km (3–4 hr) walk to the Gulaba meadows camp. The shared taxi is paid by the trekkers, so carry cash from Manali. The pickup is at Beas Bridge, Manali at 10:00 AM on Day 1.

Return: On Day 4 you walk 8 km (4–5 hrs) down from Rola Kholi to Gulaba and drive about 1 hr back to Manali. Take a bus or taxi to Chandigarh that evening or the next day, then your onward train.

BY BUS OR ROAD

Bus route: overnight Volvo and HRTC buses run daily from Delhi ISBT Kashmere Gate to Manali, about 12–14 hrs; buses also run from Chandigarh. Book a bus that reaches Manali the day before your trek starts.

From Manali to Gulaba: Day 1 begins with a 22 km, about 1 hr drive from Manali to Gulaba, then a 4 km (3–4 hr) walk to the Gulaba meadows camp. The shared taxi is paid by the trekkers, so carry cash from Manali. The pickup is at Beas Bridge, Manali at 10:00 AM on Day 1.

Return: On Day 4 you walk 8 km (4–5 hrs) down from Rola Kholi to Gulaba and drive about 1 hr back to Manali. Book an overnight bus to Delhi or Chandigarh for that evening or the next day.

Ask OMI anything

PLANS CHANGE — WE GET IT

Cancellation and rescheduling

UP TO 8 DAYS BEFORE

Free reschedule

Move to another batch once, transfer the booking, or take a 100% TrekCash voucher valid for one year.

CANCELLING

70% · 50%

70% refund 30 or more days before departure; 50% refund 15–29 days before.

8 TO 14 DAYS BEFORE

TrekCash

No cash refund, but a voucher for the full amount. Within 7 days: no refund. Full policy at trekkaro.com/terms#cancellation

If Trekkaro cancels a batch (low group size, trek leader unavailable, route closed, weather or government orders) you are told by e-mail and WhatsApp with the reason and get **100% of everything you paid**, however close to departure — as a TrekCash voucher valid 12 months, or a full refund if you prefer, or a free move to another batch.

OMI

Still have questions? Ask OMI anything

OMI is Trekkaro's AI trek advisor — fitness, weather, what to pack, dates, how to reach — in English, Hindi or your own language, any time of day. Tap anywhere on this box, or open **trekkaro.com/trek/bhrigu-lake-trek#omi**, and the chat opens on the trek page.

ON THE TRAIL







BOOK OR ASK US ANYTHING

+91 80576 54321 call

+91 75056 26675 WhatsApp · OMI answers 24×7

WhatsApp or call · 10 AM to 7 PM, Sunday off · info@trekkaro.com

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Trekkaro Adventures Pvt. Ltd. · 8+ years on the trail