

HIMACHAL PRADESH · KULLU · HIMALAYA

Hampta Pass Trek

5 days · 4 nights · Moderate · summit at 4,298 m

₹9,000

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

DURATION

5 days

GRADE

Moderate

HIGHEST POINT

4,298 m 14,100 ft

TREK DISTANCE

26.5 km

Hampta Pass at a glance

Trek fee per person

₹9,000

+ 5% GST ₹450

₹9,450 all-in

EMI available at checkout

Book at

trekkaro.com/trek/hampta-pass-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

One valley is carpeted in wildflowers and river mist. The other is a planet of silver rock and ancient silence. Between them, at 14,100 feet, sits a pass that delivers both in five extraordinary days and rewards you with a lake so beautiful it has no rival in the Himalayas.

The Hampta Pass trek is one of the most visually dramatic high-altitude crossings in the Indian Himalayas. In no other trek of comparable length and difficulty does the landscape transform so completely from one side of a mountain pass to the other. You begin in the lush, forested Kullu Valley above Manali, moving through meadows of rhododendron and streams fed by glacial meltwater. You cross a 14,100-foot pass in a single defining day – the air thin, the views absolute, the effort real. And then you descend into Spiti: treeless, raw, ancient, and unlike anything you...

TEMPERATURE IN THE SEASONS THIS TREK RUNS

Jun-mid Jul

Day 8°C to 18°C, Night -4°C to 0°C

Mid Jul-mid Aug

Day 12°C to 22°C, Night 2°C to 6°C

Mid Aug-Sep

Day 10°C to 20°C, Night 0°C to 4°C

The itinerary

1 DAY 1

Drive Manali to Jobra (2,990 m / 9,800 ft), trek to Chika (3,170 m / 10,400 ft)

23 km drive, 45 min; 2 km trek, 1–2 hrs

The Hampta Pass trek begins not with a dramatic vertical climb but with one of the gentlest, most beautiful introductions in Himalayan trekking.

2 DAY 2

Chika (3,170 m / 10,400 ft) to Balu Ka Ghera (3,720 m / 12,200 ft)

8.5 km, 6 hrs

Day 2 is when the Hampta Pass trail reveals itself in earnest.

3 DAY 3

Balu Ka Ghera (3,720 m / 12,200 ft) to Shea Goru (3,600 m / 11,800 ft) via Hampta Pass (4,298 m / 14,100 ft)

10 km, 7–8 hrs

This is the day the entire trek has been building toward, and it earns its reputation completely.

4 DAY 4

Shea Goru (3,600 m / 11,800 ft) to Chhatru (3,320 m / 10,900 ft)

6 km, 3–4 hrs; drive to Chandratal Lake (60 km, 2 hrs) and back

After the enormous physical and emotional investment of Day 3, the morning of Day 4 begins gently and unhurriedly.

5 DAY 5

Chhatru (3,320 m / 10,900 ft) to Manali (2,040 m / 6,700 ft) via Atal Tunnel

65 km drive, 3–4 hrs

The final morning at Chhatru arrives with the particular quality of light that belongs only to high-altitude Lahaul: flat, clean, and hard-edged, falling across the grey river gravel and bare ridgelines without any warmth of forest or meadow to soften it.

PICK YOUR DATES

Upcoming departures

JUN 2027 12 – 16 Sat to Wed · 5 days	JUN 2027 13 – 17 Sun to Thu · 5 days	JUN 2027 14 – 18 Mon to Fri · 5 days	JUN 2027 15 – 19 Tue to Sat · 5 days
JUN 2027 16 – 20 Wed to Sun · 5 days	JUN 2027 17 – 21 Thu to Mon · 5 days	JUN 2027 18 – 22 Fri to Tue · 5 days	JUN 2027 19 – 23 Sat to Wed · 5 days
JUN 2027 20 – 24 Sun to Thu · 5 days	JUN 2027 21 – 25 Mon to Fri · 5 days	JUN 2027 22 – 26 Tue to Sat · 5 days	JUN 2027 23 – 27 Wed to Sun · 5 days
JUN 2027 24 – 28 Thu to Mon · 5 days	JUN 2027 25 – 29 Fri to Tue · 5 days	JUN 2027 26 – 30 Sat to Wed · 5 days	JUN 2027 27 – 1 Jul Sun to Thu · 5 days
JUN 2027 28 – 2 Jul Mon to Fri · 5 days	JUN 2027 29 – 3 Jul Tue to Sat · 5 days	JUN 2027 30 – 4 Jul Wed to Sun · 5 days	JUL 2027 1 – 5 Thu to Mon · 5 days
JUL 2027 2 – 6 Fri to Tue · 5 days	JUL 2027 3 – 7 Sat to Wed · 5 days	JUL 2027 4 – 8 Sun to Thu · 5 days	JUL 2027 5 – 9 Mon to Fri · 5 days

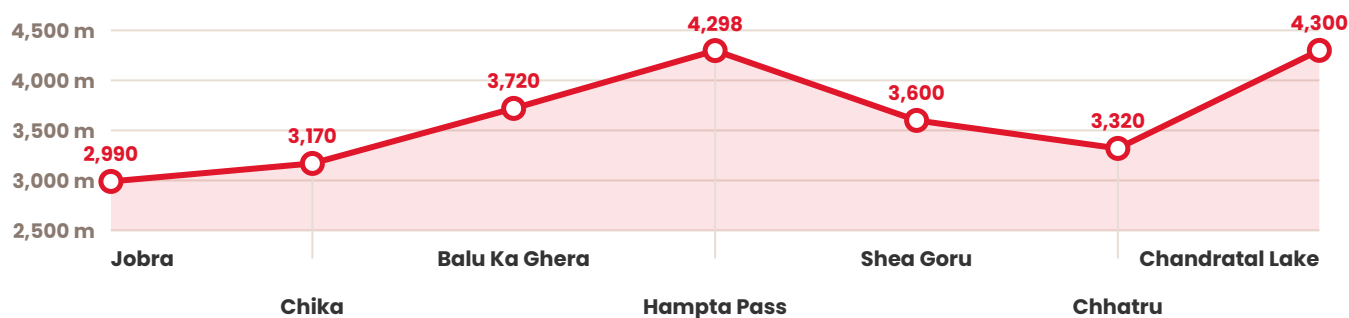
44 more dates, live seats and booking: trekkaro.com/trek/hampta-pass-trek · booking closes at 5 PM the day before departure · groups capped at 20 with one leader or guide for every 8 trekkers.

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

- | | |
|--|--|
| <p>1 Jobra 2,990 m</p> <p>Day 1 · Base · Road head above Manali</p> | <p>5 Shea Goru 3,600 m</p> <p>Day 3 · Camp · Dry camp on the Spiti side</p> |
| <p>2 Chika 3,170 m</p> <p>Day 1 · Camp · Meadow camp by the river</p> | <p>6 Chhatru 3,320 m</p> <p>Day 4 · Camp</p> |
| <p>3 Balu Ka Ghera 3,720 m</p> <p>Day 2 · Camp</p> | <p>7 Chandratal Lake 4,300 m</p> <p>Day 4 · Lake · reached by cab</p> |
| <p>4 Hampta Pass 4,298 m</p> <p>Day 3 · Pass · The crossing into Lahaul</p> | |

FEE COVERS

What is included

✓ Accommodation	Day 1 to Day 4: camping at Chika, Balu Ka Ghera, Shea Goru and Chhatru, on a triple-sharing basis.
✓ Meals	All meals from Day 1 lunch to Day 5 breakfast: breakfast, lunch, snacks and dinner.
✓ Transport	Manali to Jobra trailhead. Chatru to Chandratol and back. Return from Chatru to Manali.
✓ Permits & Camping Fees	Forest department permits and Chandratol Lake entry fees.
✓ Camping & Safety Equipment	Double-wall, rain-rated tents and -20°C sleeping bags at every campsite. Trekking mattresses or sleeping pads at every campsite. Free microspikes and gaiters (no deposit, no charge). Basic first-aid kit carried by the trek leader on the trail at all times.
✓ Trek Team	Certified trek leader and guide throughout the trek. Experienced mountain kitchen staff, helpers, and a mule and horse support team. Trekkaro trek completion certificate when you successfully cross the pass.

OPTIONAL ADD-ONS

Backpack Offloading	₹2,500 + 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	Travel to and from Manali (flights, trains or buses), arranged by you.
✗ Food During Transit	Meals during travel to and from Manali.
✗ Backpack Offloading (optional)	₹2,500 + 5% GST for the entire trek. Maximum weight: 9 kg; no suitcases, trolleys or duffel bags. Charges may be higher for last-minute requests made at Manali.
✗ Single Tent Occupancy (optional)	₹2,000 + 5% GST per tent for the entire trek.
✗ Personal Equipment	Your clothing, backpack and sunglasses. Trekking shoes, jacket and trekking poles: bring your own (microspikes and gaiters are provided free).
✗ Trek Insurance	Travel insurance and emergency evacuation cover are not included.
✗ Anything Not Mentioned Under Inclusions	Accommodation in Manali before or after the trek. Personal expenses such as tips, calls, laundry and extra snacks. Costs from an early exit, evacuation, or an itinerary change due to weather or medical reasons.

Things to carry

Basic Gears

Hampta Pass (4,298 m) is crossed in the rainy months, with wet trails and stream crossings on the Kullu side and a steep scree descent from the pass, so bring sturdy gear of your own.

- **Backpack** – 50–60 L with a rain cover; line it with a large plastic bag to keep clothes dry.
- **Day pack** – 20–30 L for the pass crossing day; needed if you offload your main backpack.
- **Trekking shoes** – bring your own: waterproof, with ankle support and good grip, and broken in before the trek.
- **Trekking poles** – bring your own pair; they make the scree descent and stream crossings much safer.
- **Microspikes and gaiters** – provided free (no deposit, no charge); useful for snow patches on the pass approach and for muddy trails.
- **Headlamp** – with spare batteries, for early starts and camp.
- **Water bottles** – two 1 L bottles.

Clothes

Days are mild but the pass is cold and rain is likely on the Kullu side, so carry 3 warm layers and full rain wear.

- **Padded or down jacket** – bring your own; for the pass crossing and camp evenings.
- **Thermal innerwear** – 1–2 sets, top and bottom, in a moisture-wicking fabric; avoid cotton.
- **Fleece jacket** – 1, medium weight, for rest stops and camp.
- **Rain jacket and rain pants (or a poncho)** – essential in these months, especially on the Kullu side.
- **Trek pants** – 2, quick-dry (one to wear, one spare); avoid jeans, which stay wet.
- **Collared T-shirts** – 3, quick-dry, full-sleeved to protect against the sun.

Accessories

Glare on the pass at 4,298 m is strong and the ridge is windy, so protect your eyes, skin and hands.

- **Sunglasses** – UV-protected (category 3 or 4) for glare on pass day.
- **Sun cap** – wide-brimmed or with a neck flap.
- **Woollen cap** – covering the ears, needed for the pass crossing.
- **Gloves** – 1 fleece pair plus 1 waterproof pair for the pass and rain.
- **Buff or neck gaiter** – for wind on the open pass ridge.
- **Socks** – 4 pairs: cotton or sports socks for walking and 2 woollen pairs for nights; extras help because feet get wet at stream crossings.
- **Sunscreen** – SPF 50+; reapply through the day.

- **Lip balm** – with SPF, to prevent chapped lips.

Others

There is no charging on the trail beyond Manali and ATMs are few in the hills, so bring a power bank and enough cash from Manali.

- **Lunch box** – reusable, for packed lunches on the trail.
- **Toiletries** – biodegradable only (required in the Hampta Pass forest zone): toothbrush, toothpaste, soap and toilet paper; no wet wipes.
- **Quick-dry towel** – small and light.
- **Plastic or ziploc bags** – to wrap clothes, phone and documents against rain, and to carry your waste back down; Trekkaro follows a zero-waste policy on the trail.
- **Personal medical kit** – your regular medicines, blister plasters and ORS; ask your doctor about altitude medicine before the trek.
- **Snacks and electrolytes** – nuts, energy bars, dates and electrolyte or ORS sachets, especially for pass day.
- **Power bank** – keeps your phone going through the trek.
- **Camp slippers** – light sandals for the tent and camp.
- **Cash** – withdraw enough in Manali, in small notes; cards are not accepted in the mountains.

Mandatory Documents

- **Original government photo ID** – Aadhaar card, passport, voter ID or driving licence.
- **Photocopy of the same ID** – keep it with the original in a waterproof pouch.
- **Passport** – for international trekkers; needed for forest entry permits and in case of medical evacuation.
- **Trekkaro booking confirmation** – your e-ticket or tax invoice.
- **Medical fitness certificate** – signed by a doctor.
- **Travel insurance policy** – mandatory, with emergency evacuation cover.
- **Disclaimer form** – with your emergency contact details filled in.

How to reach

BY AIR

Nearest airport: Bhuntar Airport (Kullu-Manali, KUU), about 50 km and 1.5–2 hrs by taxi from Manali, with flights from Delhi. Flights are limited and weather-dependent, so fly in at least a day before the 10:00 AM reporting time. If Bhuntar flights are full, fly to Chandigarh (about 300 km from Manali) and take an overnight bus.

From Manali to Jobra: Report at Manali Bus Stand at 10:00 AM on Day 1; the 23 km (about 45 min) drive to Jobra is included in your trek fee and a 2 km walk to the Chika camp. Missing the 10:00 AM reporting time counts as a no-show: no refund, voucher, reschedule or transfer (see our cancellation policy). If you are running late, tell the trek coordinator early so the team can try to help you join. Be in Manali by 9:00 AM.

Return: On the last day the included drive brings you from Chhatru to Manali via Atal Tunnel (65 km, 3–4 hrs). Bhuntar flights are limited, so book your flight for the next day.

BY TRAIN

Nearest railway station: Manali has no railway. The nearest major station is Chandigarh (about 300 km), with Kalka and Ambala as alternatives; from there you continue by road. Check current timings.

Chandigarh – trains from Delhi; then an overnight Volvo or HRTC bus from Chandigarh (ISBT Sector 43) to Manali, about 8–9 hrs. Kalka or Ambala – useful if Chandigarh trains are full; continue by road to Manali.

From Manali to Jobra: Report at Manali Bus Stand at 10:00 AM on Day 1; the 23 km (about 45 min) drive to Jobra is included in your trek fee and a 2 km walk to the Chika camp. Missing the 10:00 AM reporting time counts as a no-show: no refund, voucher, reschedule or transfer (see our cancellation policy). If you are running late, tell the trek coordinator early so the team can try to help you join. Be in Manali by 9:00 AM.

Return: On the last day the included drive brings you from Chhatru to Manali via Atal Tunnel (65 km, 3–4 hrs). Book a bus from Manali to Chandigarh leaving after 4:00 PM to allow for traffic or roadblocks, then your train from Chandigarh – check current timings.

BY BUS OR ROAD

Bus route: Overnight Volvo and HRTC buses run from Delhi ISBT Kashmere Gate to Manali in about 12–14 hrs; buses also run from Chandigarh (ISBT Sector 43, about 8–9 hrs). Book a Volvo that reaches Manali by 9:00 AM on Day 1 and double-check its timing with your transporter.

Volvo – AC overnight coach; the option Trekkaro asks you to book for Day 1.

HRTC – Himachal government buses from Delhi and Chandigarh; check current timings.

From Manali to Jobra: Report at Manali Bus Stand at 10:00 AM on Day 1; the 23 km (about 45 min) drive to Jobra is included in your trek fee and a 2 km walk to the Chika camp. Missing the 10:00 AM reporting time counts as a no-show: no refund, voucher, reschedule or transfer (see our cancellation policy). If you are running late, tell the trek coordinator early so the team can try to help you join. Be in Manali by 9:00 AM.

Return: On the last day the included drive brings you from Chhatru to Manali via Atal Tunnel (65 km, 3–4 hrs). Book a return bus leaving Manali after 4:00 PM to allow for traffic or roadblocks.

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

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/hampta-pass-trek#omi, and the chat opens on the trek page.

ON THE TRAIL



BOOK OR ASK US ANYTHING

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