

A high-angle, wide shot of a rugged mountain valley. In the foreground, a dark asphalt road curves along the left bank of a wide, shallow river with milky, white water. The river flows from the background towards the bottom right. The valley walls are steep and composed of layered rock and scree, showing various shades of brown, tan, and grey. In the distance, a range of jagged, snow-capped mountain peaks rises against a sky filled with heavy, grey clouds. The overall atmosphere is one of wild, untamed nature.

ADVENTURUSH

INCLUSIONS

- **Accommodation** – Twin or triple sharing based on group size
- **Veg Meals** – Breakfast, lunch and dinner for trek days
- **Expert Instructor** – Trained and experienced trekking instructor and guide
- **Stay in Guest house/ Home stay** – Stay will be provided in camping tents
- **All Camping equipment like** - Camping Tent, Sleeping bag/ Mattresses, Kitchen & dining tent, Utensils, Toilet tent
- **Safety Shoes** - Crampon/ Micro spikes/ Gaitors as needed
- **All Permits & Fees** – as applicable
- **Medical Kits** - First aid kit, Oxygen cylinder, Stretcher
- **Cook/ Support staff** – for your delicious meals and other support
- **Transportation** – Please speak to vendor partner post booking to coordinate pickup point & time

EXCLUSIONS

- **Personal expenses** – such as Telephone, Laundry, Tips and Table Drinks etc.
- **Insurance** - Medical, Accidental, theft
- **Airfare / Rail fare**
- **Pickup and Drop** – from Airport, Railway station or Bus stop. Please contact vendor partners post booking, if pickup and drop facility can be provided on request, at additional cost.
- **Personal Porter**
- **Beverages**
- **Medical Emergencies** - any injury or medical emergencies sustained by the adventurers during the activity
- **Any additional cost** - including stay and food, that arises due to extension, change of itinerary due to natural calamities, road blocks, bad weather or any other unforeseen circumstances beyond our control
- **Anything not listed under “inclusions”**

ITINERARY

Day 1 - Drive from Manali to Kulang Village | Trek to Base campsite | 9 kms | 3 hours | 9,800 ft

Upon meeting the representative at Manali, drive to Kulang village. Start your trek from here to reach the campsite. The ascent to the base camp is moderate and will take 3 to 4 hours. You will cross two captivating streams on your way. Upon reaching the base camp, enjoy and experience the beautiful views of the Solang Valley.

Overnight stay in tents at the campsite.

Day 2: Trek to Bhrigu Lake | 11 kms | 5 hours | 14,100 ft

Enjoy a sumptuous breakfast and start your trek to the lake. Enjoy the packed lunch by the lake while admiring the awe-inspiring beauty of the surroundings. After a relaxed lunch, start your descent to the campsite. Upon reaching, relax amidst nature.

Dinner and overnight stay in camp.

Day 3: Trek back to base village and Departure | 9 kms | 3 hours | 9,800 ft

After breakfast, check out of the camps and start the easy descending trek to Kulang village.

A vehicle from the village will take you back to Manali where this amazing experience culminates.