



Event Itinerary

- **Event Name:** Bhrigu Lake Trek 3D/2N
- **Location:** Bhrigu Lake Trek
- **Duration:** 3 Days 2 Night

Day 1: Manali to Rola Kholi | Into the Himalayan Meadows

- Begin the journey from **Manali Mall Road at 8:00 AM** and drive towards Gulaba.
- Cover approximately **24 km by road** to reach the Gulaba Road Head.
- Start the trek from Gulaba through beautiful **Oak and Cedar forests**.
- Trek approximately **6 km** with a steady and steep ascent towards Rola Kholi.
- Gradually gain altitude from around **6,700 ft to 12,590 ft**.
- Take a comfortable pace and stay well hydrated while gaining altitude.
- Reach **Rola Kholi Base Camp** and settle into the campsite.
- Enjoy the expansive meadows and scenic **sunset views over Solang Valley**.
- Overnight stay in tents at Rola Kholi.

Day 2: Rola Kholi to Bhrigu Lake | The High-Altitude Ascent

- Start early after breakfast for the main trekking section of the expedition.
- Begin the trek around **6:00 AM** from Rola Kholi.
- Follow the route towards **Bhrigu Lake**, covering approximately **10 km round trip**.
- Ascend through a steep and rocky trail leading towards the high mountain ridge.
- Reach an altitude of approximately **14,100 ft**.
- Enjoy spectacular **360-degree views of the Pir Panjal Range** from the ridge.
- Spend some time at the serene **Bhrigu Lake**, surrounded by dramatic mountain scenery.
- Begin the descent back to Rola Kholi after exploring the lake.
- Return to camp and relax after the long trekking day.
- Overnight stay in tents at Rola Kholi.

Day 3: Rola Kholi to Gulaba to Manali | Descent and Journey Back

- Start the day with breakfast before beginning the descent from Rola Kholi.
- Trek approximately **6 km downhill** towards Gulaba.
- Follow the familiar forest trail while descending towards the road head.
- Use a trekking pole during the descent to reduce pressure on the knees.
- Reach Gulaba and continue the scenic **24 km drive back to Manali**.
- Take a short break along the way before continuing towards Manali Mall Road.
- Arrive at **Manali Mall Road around 4:00 PM**.

- Conclude the Bhrigu Lake Trek with memorable views of the Himalayan landscapes.

Pickup Location

- **Dehradun uttarakhand** - 12:00 PM

Contact Information

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