



Event Itinerary

- **Event Name:** Pundrik Lake Trek 2D/1N
- **Location:** Spiti, Himachal Pradesh
- **Duration:** 2 Days 1 Night

Day 0: Depart from Bangalore

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Day 1: Aut to Shangarh & Trek to Tindadhar | Into the Sainj Valley

- **Drive Distance:** Approximately 25 km
- **Drive Time:** Around 2 hours
- **Trek Distance:** Approximately 6 km
- **Trek Duration:** 4–5 hours
- **Altitude:** Shangarh – 2,050 m | Tindadhar – 1,950 m
- **Begin the journey from Aut** with a pre-arranged vehicle and head towards the beautiful Sainj Valley.
- **Drive through scenic mountain roads** for around 25 km before reaching **Shangarh**, a picturesque Himalayan village.
- **Enjoy the changing mountain scenery along the way**, including the beautiful water bodies formed around the confluence of the Beas, Tirthan and Sainj rivers.

- **From Ropa, begin the trek towards Tindadhar**, following a peaceful trail through lush Himalayan forests.
- **Walk beneath towering rhododendron, deodar, spruce and fir trees**, with the forest offering a rich variety of Himalayan flora and fauna.
- **Cross several dams and river structures along the Sainj River** as the trail gradually opens into wider valley landscapes.
- **Take in impressive views of the Sainj Valley and distant Raktisar Glacier** as you make your way towards the campsite.
- **Pass through traditional mountain settlements** and continue along the trail until you reach the scenic **Tindadhar campsite**.
- **After settling in, take a short uphill walk through the forest to Nuhada Waterfall**, a beautiful cascading spot surrounded by greenery.
- **Spend some peaceful time beside the waterfall** before returning to the campsite.
- **Enjoy dinner and an overnight stay at Tindadhar**, surrounded by the calm Himalayan wilderness.

Day 2: Tindadhar to Pundrik Lake & Return to Aut | The Sacred Lake Trail

- **Altitude:** Tindadhar – 1,950 m | Pundrik Lake – 2,100 m
- **Trek:** Tindadhar to Pundrik Lake and back towards Ropa
- **Drive:** Ropa to Aut
- **Begin the morning with breakfast at the campsite** before setting out for the day's trek.
- **Retrace the forest trail towards Nuhada Waterfall** and continue deeper into the peaceful Himalayan surroundings.
- **Walk through dense forests for around 30 minutes** before arriving at the traditional village of **Sarahan**.

- **Visit the Jehar Devta Temple**, an important local place of worship deeply connected with the village community.
- **Continue through a beautiful forest clearing**, surrounded by tall deodar and pine trees with colourful seasonal flowers.
- **Visit the ancient temple dedicated to Sage Pundrik**, known for its traditional deodar-wood architecture and located near the local school.
- **Continue the short uphill walk for around 20 minutes** until the forest opens into a unique meadow landscape.
- **Cross the scenic meadow**, where floating patches of grass and water create an unusual natural setting.
- **Reach the peaceful Pundrik Lake**, a beautiful waterbody stretching for approximately 400 metres and surrounded by pine and fir forests.
- **Learn about the local traditions and annual October celebration** held in honour of Sage Pundrik's birth anniversary.
- **Respect the sacred nature of the lake** by following local customs. Entering the lake, drinking its water and consuming non-vegetarian food are traditionally prohibited.
- **Spend some time soaking in the tranquil surroundings** before beginning the descent towards Sarahan.
- **Continue from Sarahan back to Ropa**, completing the return trail in approximately 2–3 hours.
- **Board the waiting vehicle at Ropa** and drive towards Aut.
- **Reach Aut and conclude the Pundrik Lake Trek** with memories of its beautiful landscapes and unique Himalayan culture.

Pickup Location

- **RR Nagar Gopalan Arcade - 12:00 PM**

Contact Information

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