

Bhrigu Lake



ABOUT BHRIGU LAKE

A lot of trekkers do the Bhrigu Lake trek for the lake steeped in mythology. It is known as the place where the famous saint Maharishi Bhrigu sat in deep meditation. However, we believe the lake is not the only thing the trek has to offer. You must do the Bhrigu Lake trek for its grasslands.

This trek lies in Himachal Pradesh, around 20 km north of Manali and can be accessed from Mori Dugh and Gulaba. To enter an alpine meadow in our country, one has to often spend at least a day or two trekking within the tree line. We are talking about two or three days of hard ascent. This is because most alpine meadows start at around 11,000 ft. above the tree line. Imagine having meadows such as these right in your backyard. No wonder we go gaga over landscapes that are seen in places like Switzerland.

The meadows on the Bhrigu Lake trek stretch far and wide – almost like an endless carpet. Wild horses gallop around you. The grazing sheep look up when you come out of the tree line, almost as if to greet you. From these grassy Mountain, you will see the mountains of Pir Panjal and Dhauladhar dominating the skyline.

This is your garden in the sky. In the months of July to September, you'll see the meadows at their lushest green. You'll spot wildflowers everywhere. Unending meadows on the Bhrigu Lake trek peppered with birch and cedar forest.

The meadows change texture, shape and colour but stay with you all along the trek – right until Bhrigu Lake. This is what makes the trek special. Getting a chance to be in such alpine meadows all along a trek is a rare opportunity.

This four-day trek gives you a good idea of what Himalayan treks offer – meadows, glacial lake, mountain views. Even though it is a short trek, it climbs to the daunting altitude of 14,000 ft. so you experience the thrill of a climb as well. With its easy access from Manali, it is a great trek to do for beginners or families looking to explore the wilderness.



BRIEF DETAILS

Camp Duration	03 Days 02 Nights
Region	Himachal, India
Accommodations	Tent on Sharing
Transportation	Jeep / Car
Cost Per Person	Rs. 3500/-

DETAIL ITENARY

Day 01 Reach at Manali Base Campsite Manali to Mori Dugh Camp (10200ft) 4 Hours Trek

Post Breakfast from Our Base camp at Manali a Jeep/ Car will take you to village Kulang, the road head place from where the trek starts. It takes 4 hrs. To reach the Mori Dugh Camp Site. On your arrival at camp you will be welcomed with a hot lunch. In the evening free time, you can take an acclimatization walk around the camp.

Day 02 Mori Dugh Camp to Bhrigu Lake (14200ft) and Back; 8 Hours Trek

After an early breakfast and collecting packed lunch for the day for Bhrigu Lake. For first two hours you will trek through dense silver oak forest. Reaching at an altitude of 11,000ft forest ends and meadows start. Even in the summer months of April, May and June these meadows are snow- covered. So it will give you a good experience of snow trekking. The trek gives a panoramic view of Manali valley. After reaching at Bhrigu, spending some time there, you descend down to the Mori Dugh Camp Site

Day 03 Mori Dugh Camp to Base Camp (6500feet); 4 Hours Trek

Mori Dugh Camp to Kulang Village – A downhill trek starts from the campsite to take you to Kulang village, a Jeep/ Car will take you to Base Campsite at Old Manali.



WHAT TO CARRY

- 1. Trekking shoes:**
Carry trekking shoes good grip and ankle support.
- 2. Three layers of warmclothes:**
Carry two or three-layer jackets, fleece jackets and a padded jacket.
- 3. Trek pants & T-shirts (collared/dry-fit):**
Carry light cotton trek pants.
Full sleeved t-shirts that prevent sun burns on the neck and arms. Carry one or two dry-fit T-shirts.
- 4. Thermal, Sunglasses, Woolen Cap**
Carry thermals (top and bottom),
Sunglasses are mandatory. It will be cold, so carry proper woolen cap.
- 5. Water proof hand gloves:**
Carry water proof gloves and avoid
woolengloves
- 6. Socks (7-8 pairs) and a pair of woolen socks:**
Apart from regular sports socks, you can take a pair of woolen socks for the night.
- 7. Headlamp/LED torch/ Water bottle:**
It's Mandatory to carry a headlamp or torch and Water bottle.
- 8. Raincoat/Ponchos: Day-pack (20-30 liters):**
At high altitudes, snowfall and rain are quite common and it's mandatory to carry a poncho so that one doesn't get wet.
- 9. Mandatory Documents:**
Original and photocopy of government photo identity card- (Aadhar card) NOC form (by trekker)



INCLUDE

Accommodation:

On sharing basis. Stay is separate for Male and Female.

Transportation:

Manali to Kulang and Kulang to Manali by Jeep/Car

Cloak Room:

Space to keep extra luggage.

Meals:

Breakfast, lunch, snacks and dinner is included. We provide simple, nutritious Veg/Jain food on all days of the trek.

Camping Charges:

All trekking permits and forest camping charges are included

Trekking equipment:

High quality tents and sleeping bags in all the camps. Sleeping bags can withstand temperatures as low as - 10 °C.

Safety equipment and Emergency:

First aid kit will be with guide/trek leader and at camp site as well to deal with emergencies.

Expert trek Leaders:

All our trek leaders are at least qualified in basic / advanced mountaineering and first aid course.

Expert Trek support team:

The mountain staff on this trek consists of certified guides, cooks, helpers and porters.

EXCLUDE

Transportation Apart from the Programed.

Personal Expenses.

Tips to Guide or Any Other Staff Member.

Any Extra Expenses Not Mentioned in Inclusion.

Medical Treatment Apart from First Aid.

Campfire Is Subject to Weather

TEARMS AND CONDITION

Accommodation

Stay on all days will be in tents. Tent will be allotted separately to males and females and will accommodate people with High altitude sleeping bags that can withstand temperatures as low as -10 degrees.

Toilets

Toilet tents will be pitched at Top camp site. Do not carry sanitary napkins or wet wipes since these are not biodegradable.

Emergency during trek

In case of any emergency Gujarat Adventure Club will take necessary measures for your return to the base camp. A staff will accompany you. He may not be some trained personnel. Doctors do not go along with a Team. 'Gujarat Adventure Club' leaders are trained to administer first aid and know how to deal with issues related to the mountains. Registering for this trek is an understanding that you are aware of related difficulties on a high-altitude trek.

Safety

Our camp leaders will conduct routine health checks at all camps to measure oxygen saturation, bp. Camp leader reserves the right to exclude any trekker from climbing higher on the trek without refund if the trekker's vital readings are below accepted norms for that altitude. These norms are available with our camp leaders. Your trek leader will also be carrying medical kit which includes basic first aid and high-altitude sickness medicines and will also be carrying an oxygen cylinder throughout the trek.

Route change / postponement/ delay / completing the trek earlier

Under some extraordinary circumstance, your trek may end a day earlier or start a day later due to inclement weather, snow and ice conditions, political restrictions or any other cause. In the event of a change, postponement or delay, participants have no right to refund of the trek or other compensation for any injury, loss or damage.

Non-liability

Gujarat Adventure Club is not responsible for any loss / damage of your gears / equipment or other belongings on the trek.

Drinking and smoking

Smoking and drinking are strictly prohibited. Buying drugs or any illegal material is strictly prohibited; the participant will be detained and handed over to the government authority.

PAYMENT

Payment for the trek can be done online through credit/debit card or net banking, Cheque/draft or cash are accepted. 50% of the trek cost will be advance payment for the booking of seat and balance amount must be paid 20 days' prior of the event to confirm the booking.

CANCELLATION POLICY

Before 20 days to the start of the trek — 20% Refund

Less than 20 days to the start of the trek — no refund

If a trek is called off at the last moment due to a natural calamity/unforeseen circumstances (like rains, earthquake, landslides, strike etc.) no amount will be refunded.

SOME MEMORIES OF PREVIOUS YEARS



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