



HAMPTA PASS

About

Hampta Pass is a stunning high-altitude mountain pass nestled in the Pir Panjal range of Himachal Pradesh, India. Sitting at an elevation of approximately 14,100 feet, it serves as a natural corridor between two dramatically contrasting valleys – the lush green Kullu Valley and the stark, barren landscapes of Lahaul and Spiti.

What makes Hampta Pass unique is its incredible geographic transition. On one side, you see forests, waterfalls, and alpine meadows; on the other, rugged mountains, glacial valleys, and desert-like terrain. This contrast gives Hampta Pass the nickname – “The Gateway between Worlds.”

It's named after the nearby Hampta village in the Kullu region and was traditionally used by shepherds to graze their livestock in the higher Himalayan pastures. Today, it is one of the most scenic and accessible high-altitude passes in the Indian Himalayas, attracting trekkers, nature lovers, and photographers alike.





HAMPTA PASS TREK

With Chandratal Lake

About Hamta Pass and Chandratal Lake – A Perfect Himalayan Escape

Hamta Pass is one of the best Himalayan treks for beginners, offering a surreal blend of adventure, scenic beauty, and high-altitude thrill. Located in Himachal Pradesh, this trek takes you to an elevation of 14,280 ft, connecting the lush Kullu Valley to the stark, high-altitude desert of Lahaul and Spiti.

Historically, Hamta Pass was an ancient trade route used by shepherds and traders to cross between valleys. Today, it has become a popular trekking destination in Himachal Pradesh, known for its ever-changing landscapes—from pine forests and wildflower meadows to rocky terrains and snow-covered passes.

Highlights

Duration: 8 Days 07 Nights

Total Distance: Approximately 26 km

Maximum Altitude: 14,065 ft (4,287 m)

Difficulty Level: Moderate

Best Time to Visit: Mid-June to early October



ITINERARY

Day 1: Delhi to Manali by Volvo Bus

Distance: 497 Km | Travel Time: 12–13 hours | Mobile Network: Full Network

Begin your journey with an evening Volvo bus from Delhi to Manali, the gateway to the Hampta Pass Trek. Enjoy an overnight ride through scenic highways and foothills of the Himalayas. Overnight journey in Volvo bus.

Day 2: Arrival at Manali Base Camp

Distance: 0 Km | Trek Time: None | Altitude: 6,500 ft | Mobile Network: No Network

Arrive at Manali Base Camp by 10:00 AM. Freshen up and complete registration. Post-lunch, join an acclimatization walk to adjust to high altitude. In the evening, attend an orientation session for the Hampta Pass trek. Overnight stay at Manali Base Camp.

Day 3: Manali to Hampta Dam – Trek to Chikka

Distance: 3 Km | Trek Time: 3 hours | Altitude: 9,500 ft | Mobile Network: No Network

Kickstart your adventure with a jeep ride to Hampta Dam, the trek's starting point. Begin the short 3 km trek to Chikka, a picturesque spot for riverside camping, surrounded by lush meadows and waterfalls.

Overnight stay in tents at Chikka.

Day 4: Chikka to Balu Ka Ghera

Distance: 6 Km | Trek Time: 6 hours | Altitude: 11,800 ft | Mobile Network: No Network

Start early post-breakfast. Today's scenic trail includes river crossings, boulders, and takes you above the tree line into the Himalayan alpine zone. Balu Ka Ghera is a serene valley from where you can view Indrasan Peak, the highest in Manali. Overnight stay in tents at Balu Ka Ghera.

Day 5: Balu Ka Ghera to Shia Goru via Hampta Pass

Distance: 9 Km | Trek Time: 8 hours | Altitude: 14,200 ft (Pass), 12,800 ft (Camp) | Mobile Network: No Network

Begin the climb by 4:00 AM to cross Hampta Pass on hard snow. Reach the summit in about 4 hours for panoramic views of Spiti Valley. Then descend steeply to reach the campsite at Shia Goru. Overnight stay in tents at Shia Goru.





Day 6: Shia Goru to Chatru – Drive to Chandratat Lake

Distance: 4 Km (Trek) + 60 Km (Drive) | Trek Time: 3 hours | Altitude: 14,100 ft |
Mobile Network: No Network

Trek downhill to Chatru, located in the Lahaul-Spiti region. After lunch, drive to the iconic Chandratat Lake, known for its crescent shape and crystal-clear water surrounded by Himalayan peaks. Return to Chatru. Overnight stay at Chatru.

Day 7: Chatru to Manali via Chandratat & Atal Tunnel

Distance: 110 Km | Travel Time: 8 hours | Mobile Network: Available

Enjoy your final view of Chandratat Lake, then drive back to Manali via Gramphoo and the Atal Tunnel – the gateway between Lahaul and Kullu Valley. Overnight stay in Manali.

Day 8: Manali Local Exploration & Departure to Delhi

Distance: 497 Km | Travel Time: 12 hours | Mobile Network: Full Network

Explore the local markets and cafes of Manali in the morning. Later, board your overnight Volvo bus to Delhi, taking back lifelong memories of this magical Himalayan trek.





INCLUSION

- Transportation
 - Delhi to Manali and return Volvo bus tickets
 - Local Transportation during the trek (Jeep from Manali to Hampta Dam & Chatru to Chandratat & back to Manali)
- Accommodation:
 - 1 night at Manali Base Camp
 - 4 nights in alpine trekking tents (Chikka, Balu Ka Ghera, Shia Goru, Chatru)
 - 1 night hotel stay in Manali after trek
- Meals (Pure Veg):
 - From Day 2 breakfast to Day 7 Breakfast during the trek
- Experienced Trek Leader & Local Guides
- Support team: Trekking staff, cooks, and helpers
- Safety Equipment: First aid kit, oxygen cylinder, and emergency support
- Trekking gear (Tents, sleeping bags, mats, gaiters, microspikes if needed)
- Forest permits and trek entry fees
- Trek completion certificate

EXCLUSION

- Personal expenses like laundry, phone calls, tips, mineral water, snacks
- Meals
 - during Volvo travel (Delhi–Manali–Delhi)
 - Day 7 lunch and dinner
- Any cost incurred due to natural calamities, landslides, road blocks, or personal medical emergency
- Porter or mule charges for personal luggage
- Personal trekking gear (trek shoes, jackets, etc.)
- 5% GST on package cost



THINGS TO CARRY FOR HAMPTA PASS TREK WITH CHANDRATAL 2025

Must-Have Trekking Essentials for High Altitude Himalayan Treks

Accessories

- Rucksack (50–60 L) with rain cover
- Woollen Cap and Sun Cap / Hat
- Gloves
- Sunglasses (UV protected)
- Head Torch / Headlamp (with extra batteries)
- Lunch Box & Spoon
- Insulated Water Bottle / Thermos (min. 1L)
- Lightweight Poncho or Raincoat

Clothing

- 1 Warm Jacket (Minimum -5°C rated)
- 1 Mid-Layer Fleece Jacket
- 1 Thermal Inner Layer (top & bottom)
- 2 Dry-Fit Full Sleeve T-Shirts
- 2 Quick-Dry Trek Pants

Footwear

- 1 Pair of Waterproof High Ankle Trekking Shoes
- 3 Pairs of Regular Trek Socks
- 1 Pair of Woollen Socks (for nights)

Essentials

- Power Bank
- Toiletries (Toothbrush, Soap, Tissue, etc.)
- Crape Bandage
- Pain Relief Spray / Ointment
- Blister Tape / Band-Aids
- Basic Personal Medical Kit
- Personal Garbage Bag

Documents Required

- Medical Certificate signed by a registered MBBS doctor (with stamp & seal)
- Aadhar Card – Original and one photocopy
- NOC Form – Must be signed by the participant at the base camp
- For Foreign Nationals – Passport and valid Indian visa





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