

DETAIL ITINERARY OF BRIGU LAKE



For Registrations Call- **9970277257**

Bhrigu Lake 14,100 ft in Himachal Pradesh (Land of Snow Mountains) An Enjoyable and Relaxed 10 Days Ultimate High Altitude Trek- Bhrigu Lake



History and Details :

Is a lake located at an elevation of around 4,300 metres (14,100 ft) in Kullu district, Himachal Pradesh, India. It is located to the east of Rohtang Pass and is around 6 kilometres from Gulaba . It can be reached by trekking either from the Vashishth temple , which is famous for its hot water springs, which is close to the town of Manali or from Gulaba. Actually an area of the PirPanjal mountain range. It is named after Maharishi Bhrigu.

Legend has it that the sage used to mediate near the lake and hence it has been rendered sacred the locals believe that due to this the lake never freezes completely.

A Ten Days High Altitude Trek for Mountain Lovers.

Trek Itinerary:

- Day 1** - Start from Nagpur Railway Station to Delhi / Ambala Cant
- Day 2** - Reach Delhi / Ambala Cant and proceed towards Manali by Volvo Bus.
- Day 3** - Reach Manali & transfer towards a beautiful campsite. Introduction and acclimatization trek
- Day 4** - After breakfast Drive till Gulaba and trek to Raul Kholi
- Day 5** - After breakfast RaulKholi to Bhrigu Lake and then to Camp 2 - Base of Bhrigu Lake
- Day 6** - After breakfast Move from Base of Bhrigu Lake to Mori Doog
- Day 7** -After breakfast Mori Doog to Vashistha
- Day 8** - After breakfast visit to Manali market & evening back to Delhi by Volvo.
- Day 9** - Take a train back to Nagpur
- Day 10** - Arrive at Nagpur

Advisory

1. Climatic conditions in the high altitudes vary from the plains, take adequate time to get acclimatized to high altitudes.
2. Pay heed to the trek leader or instructor in order to enjoy a safe and sound trekking experience.
3. Do not consume alcohol or any other intoxicants during the trek.
4. Avoid trekking during the nights.
5. Before undertaking the trek, consult a physician.
6. Carry basic medications and a first-aid kit during the trek.
7. The trek takes place through eco-friendly zone, do not encourage littering the local sites or campsites.

Amount: 19,250/-

You can pay the cash in our Office. Receipt will be given to you.

Includes & Excludes

Fees Includes

1. Nagpur to Nagpur Train Journey by 3rd AC
2. Delhi – Manali – Delhi by AC Bus (Volvo)
3. Accommodation in Tents (Multiple Sharing – Separate tents for Girls & Boys)
4. Veg Nutritious Meals
5. First aid medical kits
6. Qualified & experienced trek Leader, Guide and Support staff
7. Travel Insurance

Fees Excludes

1. Any kind of personal expenses.
2. Food during the transit (Cold Drinks, Mineral Water, portorage, telephone, laundry, room service etc.
3. Mules or porter to carry personal luggage.
4. Anything not specifically mentioned under the head Price Includes.
5. Expenses that are due to reasons beyond our control.

Cancellation Policy *

- More than 60 days prior to departure – 10% of the Camp Fees
- Between 60 to 30 days prior to departure – 50% of the Camp Fees
- Less than 30 days prior to departure – 100% of the Camp Fees

Things to Carry

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| 1. Ruck sack | 12. Raincoat/ Poncho |
| 2. Nap Sack | 13. Small light weight towel |
| 3. Warm shirt/ light micro fleece pullover/ full sleeve T-shirt | 14. Water bottle and hydration pack (optional) |
| 4. Light weight pants /Water resistant trekking pants | 15. Cap, Sun glasses |
| 5. Windproof/ water resistant jacket | 16. Sunscreen Lotion, Lip Balm, Cold Cream |
| 6. Thick Fleece/ Full-sleeve sweater | 17. Toilet paper roll, Insect repellent |
| 7. Thermal inner wear | 18. Torch/ Flashlight (with extra batteries) |
| 8. Woolen cap, Hand gloves, water proof hand gloves | 19. Personal medication |
| 9. Thick dry-fit woolen socks and regular socks | 20. Personal toiletries |
| 10. Scarf/ muffler / multifunctional headwear (optional) | 21. Sandals or floaters |
| 11. Comfortable waterproof Trekking/ Hiking shoes with a thick sole, Camp shoes | 22. Camera and memory cards - Optional |
| | 23. Notebook and pen or pencil |

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Cancellations :

Cancellation: If for some reason you wish to cancel your trek, an email intimation needs to be sent to info@camping360degree.com. Cancellation requests are not taken over phone. However, you can phone to check whether your cancellation has been processed.

Note: If a trek is called off at the last moment due to a natural calamity/unforeseen circumstances (like rains, earthquake, landslides, strike/bandhetc), Camping360degree, Nagpur, Maharashtra. is not responsible and will not give any refund.