



TREKS AND TRAILS

Hampta Pass Trek with Chandratal Lake

🕒 4 nights, 5 days

Overview

Hampta Pass Trek

The Hampta Pass Trek, located in the beautiful Kullu Valley in Himachal Pradesh, is a renowned trekking route famous for its diverse topography and lush greenery. The trek offers a unique blend of verdant meadows, dense pine forests, and barren, high-altitude deserts. It attracts tourists for several reasons, one of which is its moderate difficulty, making it accessible to both inexperienced and seasoned trekkers. The highest point of the trek, Hampta Pass, stands at an altitude of 14,000 feet (4,270 meters), offering spectacular views of the surrounding Himalayan peaks.

As the trek progresses, it leads trekkers into the Spiti Valley, known for its starkly beautiful landscapes, which are in sharp contrast to the lush surroundings of Kullu. The journey becomes even more enchanting with opportunities to interact with the local Gaddi shepherds, enjoy alpine camping, and experience river crossings. The best time to embark on the Hampta Pass Trek is from June to October, as this period offers the most favorable weather conditions and ensures the region is easily accessible. With its mix of natural beauty, adventure, and cultural experiences, the Hampta Pass Trek is an ideal destination for trekking enthusiasts and those seeking a thrilling yet accessible Himalayan adventure.

Hampta Pass Trek Package Cost

- Triple Sharing: Rs. 9499/- per person



- Double Sharing: Rs. 9999/- per person

Hampta Pass Trek Details

- Pick up and drop: Manali
- Duration: 5 days / 4 nights
- Altitude: 14100 ft.
- Difficulty level: Moderate
- Total trek length: 26 km

Hampta Pass Itinerary

Day 1: Manali Arrival – Drive to Jobra – Trek to Chika (2 km)

The journey begins as the group assembles at the pick-up point by 11:00 AM for a briefing session by the trek leader, where all necessary details about the trek will be shared. From there, we head toward Jobra, the base camp for the Hampta Pass trek, situated at an altitude of 9,379 ft. The drive from Manali is scenic, with winding roads offering breathtaking panoramic views of Kullu Valley. Upon arrival at Jobra, we take a short break before starting the trek toward Chika. The trek is a serene experience, passing through thick forests of pine, maple, oak, and silver birch trees. Along the way, the picturesque Rani Nallah stream flows through the lush meadows, enhancing the beauty of the trail. Upon reaching Chika, we set up camp in its vast green landscape under the open sky. Dinner will be served in the evening, followed by an overnight stay in Chika. *(Note: Arriving in Manali a day before the trek is advisable to help your body acclimate to the altitude and weather conditions.)*

Day 2: Chika to Balu Ka Ghera Trek (8.5 km, 6 hours)

After an early morning breakfast, we begin our trek toward Balu Ka Ghera. True to its name, which translates to "sand," the trail transitions from grassy meadows to rocky and boulder-strewn paths, making this section a moderately challenging trek. The trek offers a stunning display of nature's beauty—on one side, the Jwara River flows gracefully, while on the other, the mighty Dhauladhar ranges stand tall. A hidden waterfall amid the



greenery adds to the charm of the trail. As we progress, we reach Chota Balu Ka Ghera, where the terrain briefly flattens before becoming rugged again. Carefully navigating the rocky path, we arrive at Balu Ka Ghera, where we set up camp amidst towering mountains. The evening is spent under a starlit sky, with dinner served before resting for the night.

Day 3: Balu Ka Ghera to Siagoru via Hampta Pass (7 km, 9 hours)

Following breakfast, we continue toward our next campsite at Siagoru. The trek involves navigating boulder-filled paths and tricky descents, requiring careful footing. Along the way, we cross the breathtaking Hampta Pass, where a river flows gracefully through the valley. The trail is adorned with vibrant wildflowers, and if lucky, one might witness a rainbow arching over the landscape. The majestic Deo Tibba peak looms in the distance, adding to the enchanting scenery. After soaking in the stunning views, we begin our descent. The downhill trail is steep and consists of loose stones, requiring extra caution. The winding path eventually opens up into a valley leading to Siagoru, where we set up camp for the night. The rest of the day is spent at leisure, followed by dinner and an overnight stay at Siagoru.

Day 4: Siagoru to Chatru Trek (7 km, 5 hours) – Drive to Chandratal (48 km, 3 hours) – Return to Chatru

The day begins with an early breakfast, after which we start our descent toward Chatru. Unlike previous sections, this terrain is vast and barren, with little vegetation. The steep slopes provide an exciting challenge, making the descent an adrenaline-pumping experience. Upon reaching Chatru, we embark on a scenic drive to Chandratal, a mesmerizing high-altitude lake situated 45 km from our campsite. However, this drive is subject to weather conditions, as the harsh climate can sometimes make the route impassable. If conditions permit, we enjoy a short sightseeing tour around Chandratal, taking in the lake's tranquil beauty. After spending some time at the lake, we drive back to Chatru, where we set up camp for the night. The day concludes with dinner and an overnight stay in Chatru.

Day 5: Drive from Chatru to Manali (63 km, 2.5 hours) – Tour Ends

After an early morning tea and breakfast, we begin our return journey to Manali. The drive is a feast for the eyes, featuring majestic mountains and the Chandra River flowing alongside the road. A highlight of the journey is passing through the iconic Atal Tunnel, adding to the excitement of the return trip. Upon reaching Manali, the group disbands,



marking the end of an unforgettable adventure, leaving with cherished memories of the trek.

Important Note

Before embarking on the Hampta Pass Trek, it's crucial to ensure you are well-prepared for the adventure. Here's an important message to consider before starting your trek:

- 1. Physical Fitness:** It's essential to be in good physical health and fitness. The trek involves challenging terrain and high altitudes, so being prepared is key. Regular cardio and strength training exercises in the weeks leading up to the trek will help improve your stamina.
- 2. Acclimatization:** Spend at least one day in Manali or a nearby location to allow your body to acclimatize to the higher altitudes. This helps reduce the risk of altitude-related illnesses and prepares you for the trek ahead.
- 3. Pack Wisely:** Pack only the essentials and keep your backpack as light as possible. Crucial items to include are warm clothing, a waterproof jacket, comfortable trekking shoes, a good quality backpack, a first-aid kit, and personal identification.
- 4. Weather Awareness:** The weather in the Himalayas can be unpredictable. Check the weather forecast for the region before your trek and carry appropriate clothing and gear. Be prepared for rain, snow, and sudden drops in temperature.
- 5. Stay Hydrated:** At high altitudes, staying hydrated is essential. Carry a reusable water bottle and purifying tablets or a water filter. Drink plenty of water to help prevent altitude sickness.
- 6. Altitude Sickness:** Be aware of the symptoms of altitude sickness, including headache, nausea, and dizziness. If you experience any of these symptoms, inform your trek leader immediately. Ascend slowly to higher altitudes and, if symptoms worsen, descend to a lower altitude.
- 7. Trekking Permits:** Ensure that you have all the necessary permits and permissions required for the trek. Check with local authorities or your tour operator to ensure



you're aware of any specific permits needed for the regions you'll be trekking through.

8. **Leave No Trace:** Practice the principles of Leave No Trace. Dispose of waste properly, avoid littering, and respect the environment and local culture. Ensure that the natural beauty of the Himalayas remains undisturbed for future trekkers.
9. **Trekking Group:** If you're not an experienced trekker, consider joining a guided trekking group. Experienced guides provide valuable knowledge, support, and safety throughout the journey.
10. **Emergency Contacts:** Carry a list of emergency contacts, including local authorities, your trek leader, and your family or friends back home. Ensure someone knows your itinerary and expected return date.
11. **Respect Local Culture:** Be respectful of the local customs and culture. Dress modestly, especially when visiting villages, and always ask for permission before taking photographs of local people.
12. **Insurance:** Ensure you have travel insurance that covers trekking activities, including emergency medical evacuation if needed.

Remember, the Hampta Pass Trek offers a unique and unforgettable experience in the stunning Himalayas. By being well-prepared and following safety guidelines, you will be able to fully enjoy the adventure while ensuring your well-being. Stay safe, be responsible, and take in the breathtaking beauty of this region!

Itinerary

1. What are the top things to do on the Hampta Pass Trek?

- **Enjoy scenic views:** Witness lush green valleys, snow-capped peaks, and winding rivers throughout the trek.
- **Cross the Hampta Pass:** The highlight of the trek, at over 14,000 feet, offering breathtaking views.
- **Camp under the stars:** Experience starry nights in serene campsites along the trekking route.



- **Photography opportunities:** Capture the beauty of towering peaks, alpine flora, and glacial streams.
- **Interact with locals:** Meet villagers and shepherds to learn about their lifestyle and traditions.
- **Visit Chandratal Lake:** A high-altitude lake known for its tranquil beauty and reflection of Himalayan peaks.
- **Spot wildlife:** Look out for Himalayan fauna like ibex, snow leopards, blue sheep, and rare bird species.
- **Challenge yourself:** Tackle rocky terrains, steep ascents, and river crossings for an adventurous experience.
- **Taste local cuisine:** Enjoy traditional Himachali dishes like rajma chawal, siddu, and thukpa.
- **Connect with nature:** Immerse yourself in the peaceful mountain environment, away from city life.

2. When is the best time to visit Hampta Pass Trek?

- **Summer (June–August):** Green landscapes, blooming alpine flowers, and mild temperatures, but occasional rains.
- **Autumn (September–November):** Dry trails, clear skies, and vibrant autumn colors—ideal for photography.
- **Winter (December–February):** Heavy snowfall makes the trek challenging and often inaccessible.
- **Spring (March–May):** Melting snow, blooming valleys, and moderate temperatures.

3. What is the route and key locations of the Hampta Pass Trek?

- **Jobra to Chika:** 4-5 hours trek through pine forests and Rani River valley.
- **Chika to Balu Ka Gera:** 5-hour trek with river crossings and gradual ascents.
- **Balu Ka Gera to Shea Goru via Hampta Pass:** 7-8 hours trek, steep climb to 14,100 feet, then descent.
- **Shea Goru to Chatru:** 3-hour downhill trek along the Shagaru River.

4. How is the weather at Hampta Pass?

- **June–July:** Pleasant weather with blooming flowers.
- **September–October:** Clear skies, best for mountain views.



- **Winter months:** Extreme cold and snow-covered trails.

5. What is the total distance of the Hampta Pass Trek?

- **Jobra to Chika:** 4-6 km
- **Chika to Balu Ka Gera:** 5-7 km
- **Balu Ka Gera to Shea Goru via Hampta Pass:** 10-12 km
- **Shea Goru to Chatru:** 8-10 km
- **Total Distance:** Approximately 27-35 km

6. How to reach Hampta Pass Trek?

- **By Air:** Nearest airport is Bhuntar Airport, followed by a taxi or bus to Manali.
- **By Train:** Joginder Nagar Railway Station (limited connectivity); Chandigarh Railway Station is a better alternative.
- **By Road:** Drive or take a bus from major cities to Manali.
- **By Trek:** Starts from Jobra, accessible via road from Manali.

7. How difficult is the Hampta Pass Trek?

- The trek is **moderate** in difficulty.
- It involves steep ascents, river crossings, and high altitudes (~14,000 feet).
- Proper acclimatization and fitness preparation are recommended.

8. What should I pack for the Hampta Pass Trek?

- **Essentials:** Trekking shoes, backpack, sleeping bag, trekking poles, water bottle.
- **Clothing:** Layered warm clothes, waterproof jacket, gloves, hat.
- **Accessories:** Sunscreen, sunglasses, first-aid kit, personal medications.
- **Permits and ID:** Carry necessary permits and personal identification.

9. How much does the Hampta Pass Trek cost?

- The cost varies based on tour operators, trek duration, and inclusions.
- Usually includes accommodation, meals, transportation, permits, guides, and trekking equipment.
- Budget-friendly and luxury options are available.



10. Can beginners do the Hampta Pass Trek?

- Yes, with moderate physical fitness and preparation.
- Acclimatization and endurance training recommended.

For an unforgettable adventure, choose the best season and prepare well for your Hampta Pass Trek!

Inclusions

The Hampta Pass Trek package includes the following:

- Accommodation: 4 nights in tents on a double/triple sharing basis.
- Transportation: Pick-up and drop-off from Manali in Sumo/Bolero.
- Meals: All vegetarian meals from Day 1 lunch to Day 5 breakfast.
- Snacks: Morning and evening tea/coffee with light snacks.
- Camping Gear: Tents, sleeping bags, mattresses, dining tent, toilet tent.
- Trek Leader & Staff: Experienced trek leader and support team (1:10 guide ratio).
- Permits: All necessary trek permits and fees included.
- Trekking Equipment: Gaiters, micro spikes, and rope (if needed).
- Safety Equipment: First aid kit, oximeter, and oxygen cylinder.
- Extra Facility: Cloakroom at the base camp for extra luggage storage.

Exclusions

The following are not included in the Hampta Pass Trek package:

- Personal expenses (laundry, phone calls, etc.).
- Meals during transit (before and after the trek).
- Travel insurance (recommended to get before the trek).
- Fees and permits for foreigners.
- Delays due to landslides or bad weather.
- Extra costs due to natural disasters or emergency evacuations.
- Anything not specifically mentioned in the inclusions.
- Bag offloading charge: ₹1500 (max 10 kg per bag).



Highlights

Footwear and Backpack

- Trekking shoes with ankle support
- Backpack with rain cover
- Daypack with rain cover

Warm Layers and Clothing

- Warm layers (Padded jackets)
- 3 layers for spring, summer, and monsoon treks (1 woolen sweater, 1 fleece, 1 padded jacket)
- 4 layers for autumn treks (1 woolen sweater, 2 fleece, 1 padded jacket)
- 5 layers for winter treks (1 pair of thermals, 1 woolen sweater, 2 fleece, 1 padded jacket)
- 3 Collared T-shirts (Wear one, carry two)
- 2 quick-dry trek pants (Wear one, carry one)

Accessories

- Sunglasses
- Sun cap, preferably with flaps
- Waterproof gloves
- Balaclava
- Woolen socks (2-3 pairs of Dry fit + 1 pair of Woollen)
- Headlamp
- Trekking pole
- Rain jacket + pants / poncho

Toiletries

- Sunscreen
- Moisturiser
- Light towel
- Lip balm or vaseline
- Toilet paper (Wet wipes are strictly not allowed on our treks)
- Toothbrush



- Toothpaste
- Reusable plastic covers (for used clothes)
- Trash bags (Carry out all your waste and leave no trace behind)

Personal First Aid Kit

Here are some common medicines typically required or used during adventure trips. However, it's important to consult your doctor before taking any medication:

- Antiseptic wipes or water syringe for wound cleaning
- Butterfly bandages for small cuts
- Cotton, elastic bandages, and sterile gauze pads for larger wounds
- Latex gloves for handling bleeding wounds
- Medication for diarrhea (upset stomach)
- Medication for cold, flu, fever, and headaches
- Painkillers
- Oral rehydration solution (ORS) pouches
- Quick pain relief spray for external use
- Any personal medication prescribed by your doctor
- Diamox or similar medication for high altitude sickness
- Bug repellent
- Nutritious energy bars and non-alcoholic drinks

Cancellation Policy

To ensure a seamless experience, we recommend booking your adventure at least two months in advance. Should the need arise to cancel your trek or adventure activity, we kindly request written notification. Cancellation charges will apply from the date we receive your written advice.

We understand the frustration of cancellations, but rest assured, we are committed to facilitating your next adventure with us.

We offer a cancellation policy that is fair, practical, and convenient for our customers.



Cancellation by Participant: If a participant wishes to cancel their booking for any reason, they must notify [Treks and Trails] in writing/email as soon as possible. The following cancellation charges will apply:

- Cancellation between 15-29 days prior to the trek departure date: 75% of the total trek cost will be charged as cancellation fees.
- Cancellation between 7-14 days of the trek departure date: 50% of the total trek cost will be charged as cancellation fees.
- Cancellation between 1-6 days of the trek departure date: 100% of the total trek cost will be charged as cancellation fees.
- No Show: Participants who do not show up for the trek without prior intimation will be considered as a 'No Show'. In such cases, 100% of the total trek cost will be charged as cancellation fees.

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- ➔ Destination Himachal Pradesh
- ➔ Duration 5 to 7 Days
- ➔ Reviews