

## *Pin Parvati Pass Trek*



This is one of the most stunning treks in the region that takes one from the flourishing green Parvati valley in Kullu to the stark and barren Pin valley in Spiti. On the way are the high-altitude Maltalai Lake and the Pin Parvati Pass.

**Area:** Himachal Pradesh

**Season:** July – Early October

**Altitude:** 5300 mts/17384 ft

**Duration:** 17 days

**Grade:** Moderate to Challenging

### **Day 01: Arrive Delhi**

On arrival at Delhi airport met our representative and then transfer to pre booked hotel. Stay overnight in hotel at Delhi.

### **Day 02: Delhi - Manali**

In the morning half day sightseeing and in the evening drive to Manali by AC Volvo coach. Overnight in coach.

### **Day 03: Manali**

Arrival Manali in the morning at 08:00 hrs. On arrival transfer to hotel for relaxes. At leisure visit Hadimba Devi Temple, old Manali, Tibetan Monastery and the mall. Stay overnight in hotel at Manali



### **Day 04: Manali - Manikaran - Barsheni - Khirganga (3020 m/9906 ft) 5 hrs**

In the morning drive 90 kms to reach Manikaran the starting point of our trek and from here we will start our trek to Khirganga. Khirganga is a hot spring where Lord Shiva is said to have

meditated. The difference between the spring here and in Manikaran is that after a bath in Khirganga, your skin will feel clammy and greasy whereas after a bath in the spring at



Manikaran, your skin will feel dry.

**Day 05: Khirganga - Tunda Bhuj** (3285 mts/10775 ft) 5 hrs

The trek commences through dense forests and flower-strewn meadows. The progress is gradual and slow as it's a steep climb to Tunda Bhuj. Overnight in the tent

**Day 06: Tunda Bhuj - Thakur Kuan** (3620 mts/11874 ft) 6 hrs

The trail is difficult at two points, and through a profusion of wild flowers, iris, buttercups, poppies, phulumis and other numerous varieties. As you expand altitude, the panorama gets prettier. After the initial ascend cross the Pandu bridge, which consists of two huge rocks over the river. Many shepherds with their flocks are encountered on the route. By evening reached at the campsite. Overnight in the tent.

**Day 07: Thakur Kuan - Odi Thach** (3800 mts/12464 ft)

It's another day of steep climb to reach the high altitude meadow of Odi Thach.

**Day 08: Odi Thach - Mantalai Lake** (4115 mts/13498 ft) 8 hrs

The trek up to Mantalai Lake is a gradual climb. Once at the lake, you can see the Mantalai Glacier, which is the source of the river Parvati. On the path, you will see the Pandu Bridge, which is made of a single rock on the river Parvati. It is said to make by the Pandavas during their exile in the Himalayas.



**Day 09: Mantalai - Base of Pin Parvati Pass** (4300 mts/14105 ft) 7 hrs

Ascend to the base camp of Mount Parvati which also serves as the base of the pass.



**Day 10: Base of Pin Pass - Campsite over Pin Pass (4110 mts/13480 ft) 8 hrs**

A steep climb takes you to Pin Pass (5300m). At the top of a large snow filled, crevassed hollow leads to the broad rocky saddle of the pass. At the top, one can see a splendid view of



the snowy mountains of Hampta region on one side and the Pin valley of Spiti on the other.

**Day 11: Campsite over Pin Pass - Tiai (3700 mts/12136 ft) 5 hrs**

Trek along the Pin River in to the Pin Valley National park. Look out for the elusive snow leopards, musk deer and ibex.

**Day 12: Tiai - Mud (3650 mts/11972 ft) 5 hrs**

Trek through the barren, stark landscape of Spiti to Mud, a pretty village perched on a hillside.

**Day 13: Mud – Gulling 6 hrs**

Walk through the rough road up to Gulling with a grand view of the local villages and a barren land of the "middle country". A jeep will be awaiting at Gulling and drive same day to Kaza. Overnight in Kaza.

**Day 14: Kaza**

Monastic sightseeing in and around Kaza. Visit the Ki monastery, Kibber village, Dhankar monastery and Tabo monastery. Return to Kaza for the night.

**Day 15: Kaza - Manali 8 hrs**

Drive to the Kunzum Pass, which provides the main approach to Lahaul from Spiti. From there head to Manali via Keylong, Koksar and Rohtang Pass.

**Day 16: Manali – Delhi**

The day at leisure. In the evening drive to Delhi by AC Volvo coach. Overnight journey.

**Day 17: Delhi**

Arrival at Delhi by morning. On arrival transfer to hotel for relax. In the evening drive to international airport to catch onwards flight.



### **Trekking Equipments List**

1. Trekking boots - well broken in and waterproofed
2. Down jacket or equivalent with hood
3. One heavy wool shirt or sweater
4. Two cotton shirts
5. One pair cotton trousers or shorts
6. One pair woolen trousers
7. One pair shorts or calf-length skirt for women
8. Three pairs of regular underwear
9. Long underwear - thermal or wool
10. Wind- and rain-gear with hood
11. Sun hat with brim
12. Woolen hat or balaclava
13. Woolen gloves
14. Woolen socks to wear with boots
15. Cotton socks
16. Personal first-aid kit including medication for common ailments
17. Flashlight with extra batteries
18. Sunglasses or snow goggles (an extra pair is recommended)
19. Water bottle, preferably wide mouthed, with at least one liter capacity
20. Pocket knife
21. Note book with pens and pencils
22. Plastic bags - small size for books, film etc., larger bags for clothes, sleeping bags
23. Well fitting strong shoes with a couple of woolen socks. The shoes should be used before treks to avoid blisters.
24. First aid set for minor accidents and sickness.
25. A raincoat is necessary to meet uncertainties of weather.
26. Chocolates, lozenges, candies, glucose and dry fruits provide extra pep and energy.
27. It is advisable not to exhaust energy by walking fast, as otherwise the trek will be not enjoyable.