

## India Hampta Pass Trek

**Location:** Himachal Pradesh, India   **Duration:** 6 Days   **Max altitude:** 4,270 m (Hampta Pass)   **Difficulty:** Moderate  
**Group size:** 6–18 people

### Overview

The Hampta Pass Trek is a dramatic crossover trek from the lush Kullu valley to the barren Lahaul & Spiti desert in Himachal Pradesh. In just six days, walk through pine forests, glacial valleys, alpine meadows and high-altitude desert — and finish with a side-trip to the surreal turquoise waters of Chandratal Lake. One of the best short treks in the Indian Himalayas.

### Highlights

- Cross Hampta Pass (4,270 m)
- Lush Kullu to barren Lahaul transition
- Visit turquoise Chandratal Lake (4,300 m)
- Riverside camps and pine forests
- Affordable, action-packed short trek

### Day-by-Day Itinerary

#### DAY 1 Manali to Jobra, trek to Chika

3,100 m. Drive to roadhead, short trek.

#### DAY 2 Chika to Balu ka Ghera

3,800 m. Long alpine valley walk.

#### DAY 3 Cross Hampta Pass to Shea Goru

4,270 m / 3,900 m. The big day.

#### DAY 4 Shea Goru to Chatru, drive to Chandratal

4,300 m. Final descent and lake visit.

#### DAY 5 Chandratal to Manali

Drive over Rohtang Pass back to Manali.

#### DAY 6 Departure

Departure from Manali.

## What's Included

- ✓ Forest permits
- ✓ Trek leader & support staff
- ✓ Camping equipment & sleeping bags
- ✓ All meals on trek
- ✓ Manali transfers
- ✓ Chandratal jeep drive

## What's Not Included

- ✗ International flights
- ✗ India visa
- ✗ Travel insurance
- ✗ Manali hotel before/after trek
- ✗ Tips

---

Travel Nepal • [www.travelnepal.com](http://www.travelnepal.com) • [info@travelnepal.com](mailto:info@travelnepal.com) • +977 1 4123456

This itinerary is indicative; final program is tailored to your dates and group.