

# Explore Nature Trails in Himalayas



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*Soulfilling Journeys of*



India



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## INDIAN HIMALAYA

Draped across the very top of the Indian subcontinent, the Himalayas are the stuff of hiking legend. Every hiker worth his boots has likely dreamed of tackling this range's trails, which carve out the craggy routes between remote villages and mountain monasteries, in the formidable shadows of the world's highest peaks.

In the low altitude valleys of India, hikers face sights that many may believe are reserved for mountaineers: the aquamarine lakes in their valleys, the alpine meadows dusted with wildflowers and the snow-capped mountains themselves.

And in the rugged landscapes between the peaks live bands of indomitable people — nomadic yak herders, enlightenment-seeking monks, mountain-climbing Sherpas. You'll find culture in abundance here, too, whether you stay in local teahouses or trek off-grid.

And there are ways for even beginners to experience all of this, the hiking being the best & easiest.



To help you make sense of the beauty of Himalaya, you do not need to be an hardcore trekker.  
A physically fit person counted as a beginner hiker can try for easier introduction to the Himalayan foothills of India.

Hike More.. Worry Less !!



## Day 01 : Arrive Delhi

New Delhi was built between 1912 and 1929 on a site adjacent to Delhi (or Old Delhi), which had been chosen to replace Calcutta (now Kolkata) as the capital of India in 1911; New Delhi was inaugurated as the new capital in 1931..

Overnight stay at Hotel.





## Day 02 : Delhi / Kullu (By Flight) – Drive to Kasol (40 Kms)

Early / Packed Breakfast at Hotel & transfer to airport to board flight for Kullu.

Flight : 9I 803 Dep DEL 0645 hrs Arr KUU: 0810  
(Operates S.M.W.F).

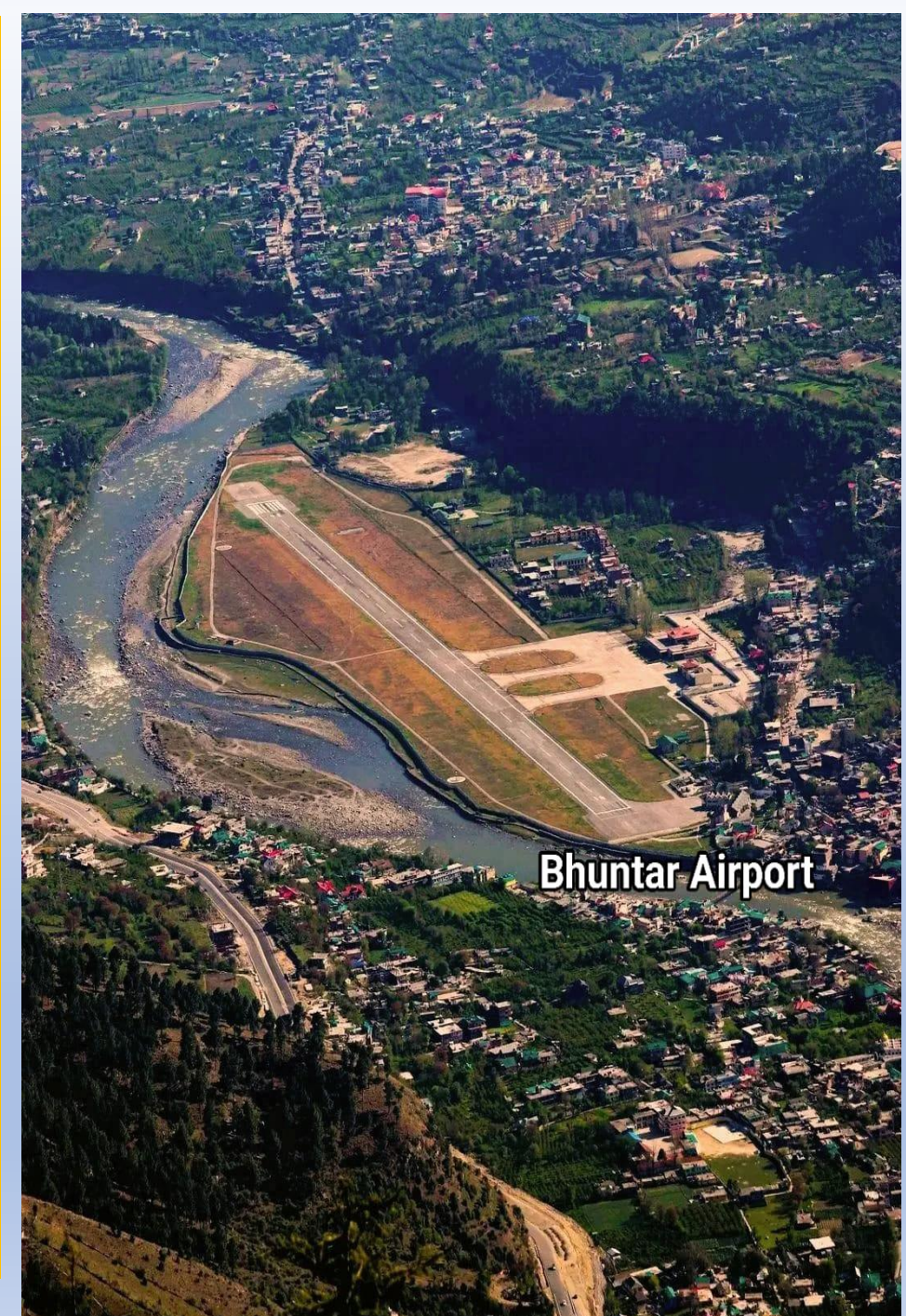
(In case the flight is not operating, we will take flight to Chandigarh & drive to Kullu / Kasol :270 Kms / 6 hrs)

Your Himalayan Soujourn starts today.

Arrive Kullu & drive straight to Kasol & check in at Hotel.

Evening you may take a stroll around the town and explore the local market. Visit the Parvati riverside and enjoy the scenic beauty of the place. You may head to one of the many cafes in Kasol and try some local cuisine.

Dinner & overnight stay at Hotel.

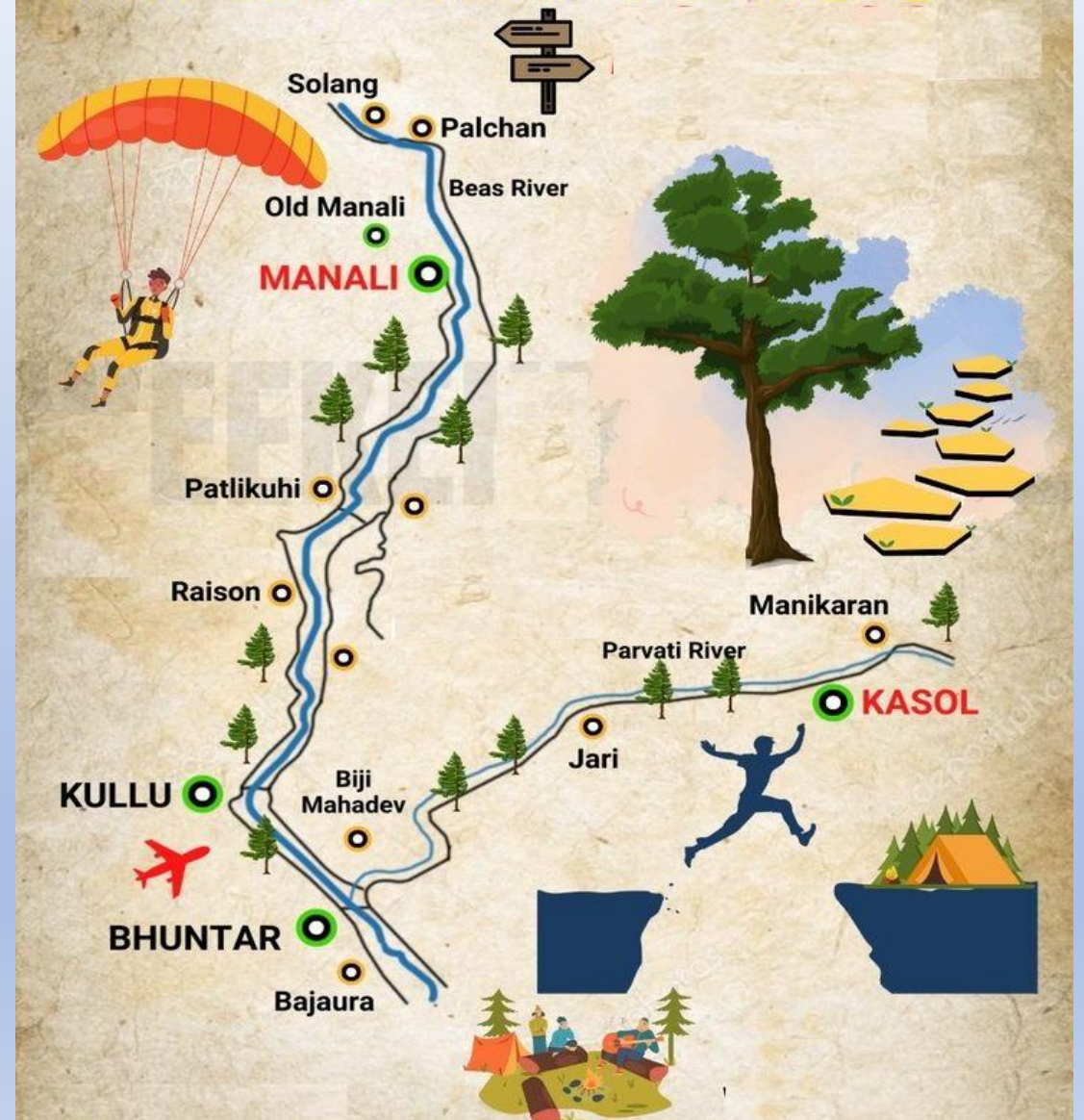




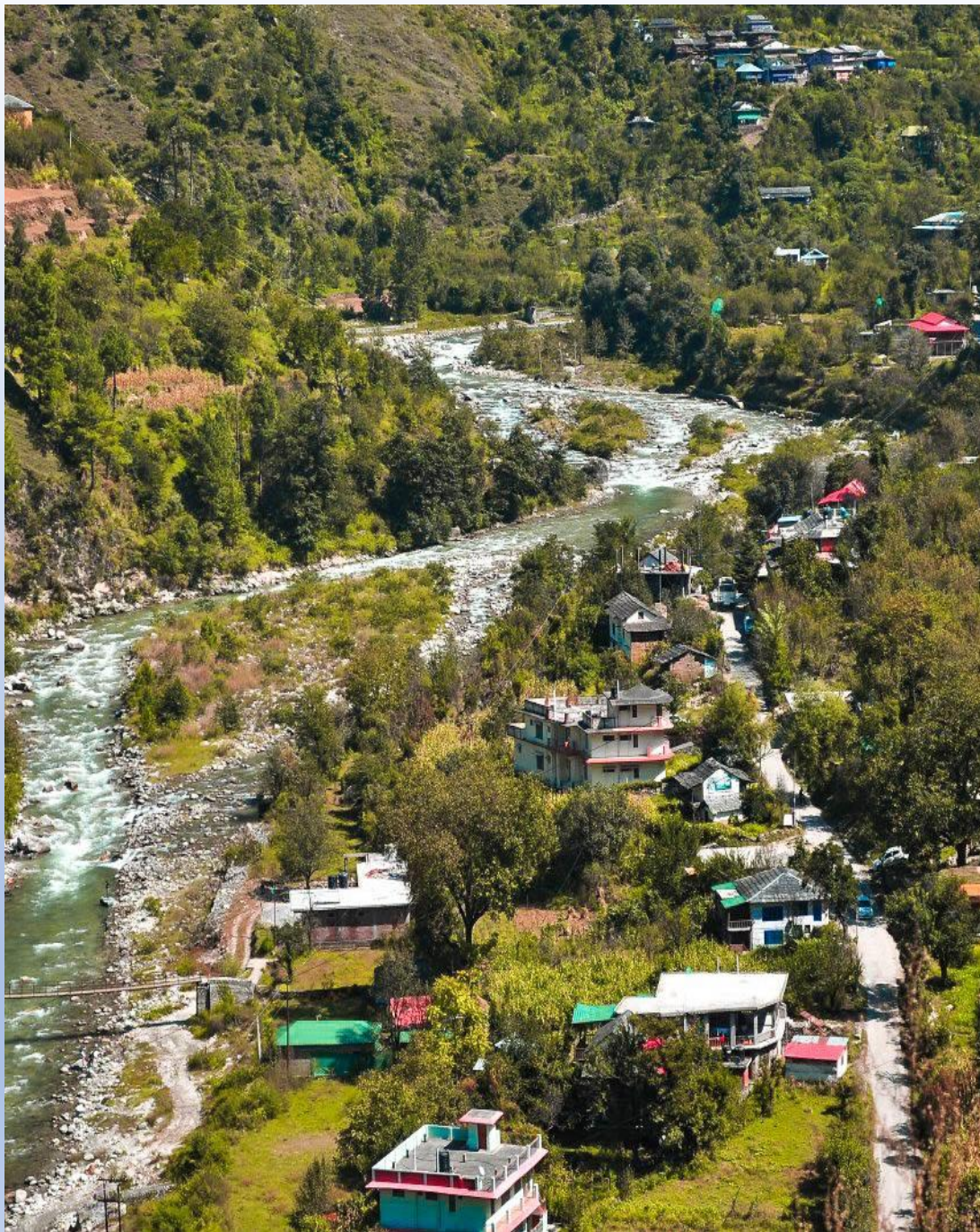
# NORTH INDIA



# MANALI KASOL







The hill-hamlet of Kasol stands at over 1,580 mtrs, in Himachal Pradesh, and flaunts raw natural beauty with lush conifer forests, snow-capped Himalayan mountains along the banks of the gushing Parvati River.

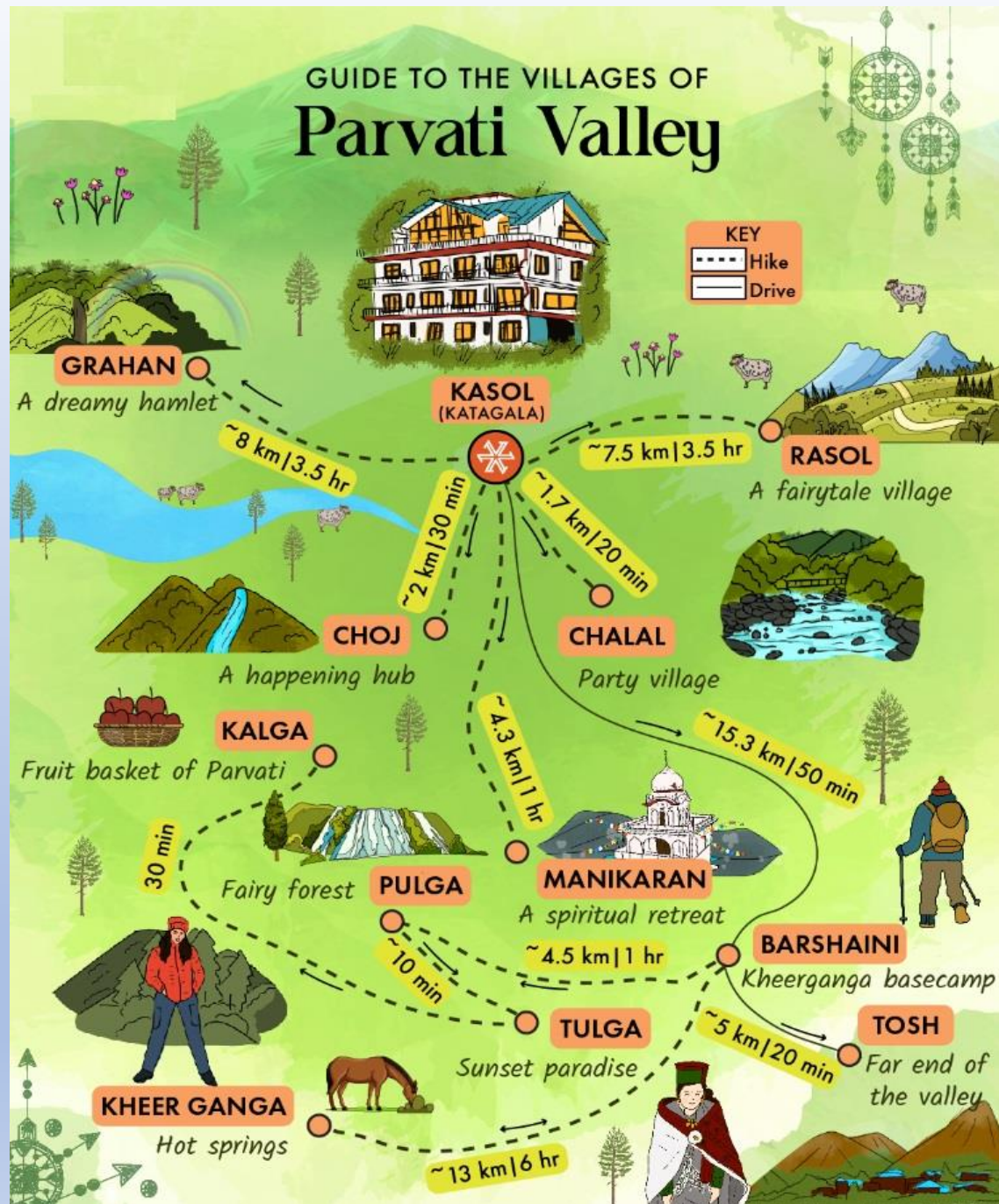
Kasol is known as the '*Mini Israel in India*', the beautiful town is a tourist attraction in Himachal Pradesh which is very popular as a hub for trekkers, backpackers, and nature lovers.

Kasol is one of the best places in the country just to sit back and chill in the panorama of snow-capped mountains, cedar trees and holy Parvati river.

Starting from [Malana](#), [Chalal](#), [Rasol](#), and [Buddhaban](#) to [Kheerganga](#) and [Sar Pass](#), the treks near Kasol captivate travelers, treat them to mesmerizing vistas, and awe them with their majestic presence.

Ranging from short hikes to multi-day expeditions, the treks in the [Parvati River Valley](#) take you on an exhilarating journey through the stunning Himalayan terrain. Whether you're a novice or a seasoned mountain explorer, these treks in Kasol are sure to leave you spellbound.



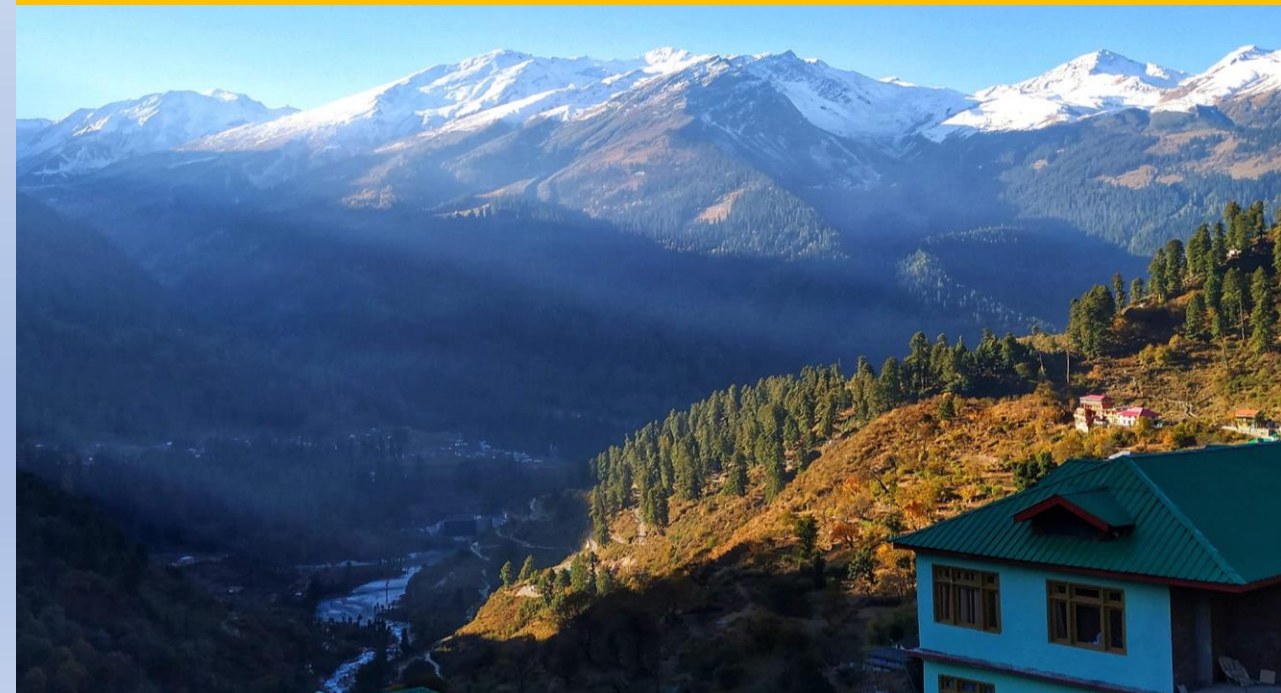


## Best Time to visit Kasol & around

The duration between **October to June** is the perfect time to visit Kasol, as the weather is pleasant during this period.

Best time for hikes and treks - **March to May**

Best time to experience snow – **November to February**. Kasol during winters is a sight to behold, as the entire village puts on a white veil across its expanse, giving it a magical glow.





## Cafes in Kasol

Among many other things, Kasol is home to a plethora of cafes and restaurants where you can try a vibrant range of delicacies.





Here are some cafes recommendations for someone to start exploring:

*Evergreen Cafe*- This cafe is one of the best spots to try Israeli cuisine in Kasol. Try some Israeli specialities, pizzas, lasagne, and Turkish Kebabs.

*Jim Morrison Cafe*- Known for its eccentric and artsy atmos, Jim Morrison Cafe serves delicious Indian, Italian, Mexican, and Israeli cuisine.

*Little Italy Kasol*- Among the most popular haunts in Kasol, Little Italy serves a multi-cuisine fare, especially wood-oven pizzas, along with some tasty cocktails.

*Moon Dance Cafe & German Bakery*- This is the perfect place to treat yourself to some freshly baked desserts, including waffles, crepes, and pancakes, served with some strong coffee to wash it down.

*The Rainbow Cafe*- Close to the Kasol Market, the Rainbow Cafe bids an eccentric and colourful decor. They serve a multi-cuisine fare along with live music and bonfire in the evenings.

*Off Limits Coffee Kasol*- A popular cafe in the area, Off Limits Coffee serves a wide variety of beverages and dishes, with a special Hemp-based menu.

*Riverview Cafe*- This cafe is known to serve delicious meals with the unique experience of enjoying a meal right beside the crashing Parvati River. Travellers can enjoy a range of continental selections here.

*Pink Floyd Cafe*- Believed to be among the best cafes in Parvati Valley, Pink Floyd Cafe serves a diverse menu to its visitors in Tosh Village. Greeting people with its eccentric decor and vibe, a short and scenic hike will lead you up to the cafe.

*Soul Kitchen*- This special cafe in Kalga serves numerous dishes, including desserts, alongside a gorgeous view. They also offer locally gathered herbs and essences.







### Day 03 : Kasol (Day Hike towards Rasol Village)

After a relaxed Breakfast, proceed for an acclimatisation / easy hike to Challal Village & Beyond.

As you will hike through the dense forests, you will be treated to stunning vistas of the snow-capped peaks that dot the horizon. The pristine Parvati River will accompany you throughout the trek, providing a calming backdrop to your adventure today. Chalal is a quaint village known for its relaxed vibes, rustic charm, and riverside cafes. You can immerse yourself in the local culture, interact with the friendly villagers, and savor the delicious Himachali cuisine. The village is also famous for its vibrant trance music scene and attracts travelers from around the world.

Peaks such as Kullu Makalu (6,291 meters) and Papsura (6,451 meters) from the Dhauladhar range are visible from Chalal, and their towering presence against the azure sky is a sight to behold.

Explore the village & hike some further towards Rasol Village. Return back to Chalal & have Lunch at 'Freedom Cafe'.

Hike back to Kasol for overnight stay.

Dinner & overnight stay at Hotel.









## Day 04 : Kasol (Day Hike to Tosh Village)

Relaxed Breakfast at Hotel.

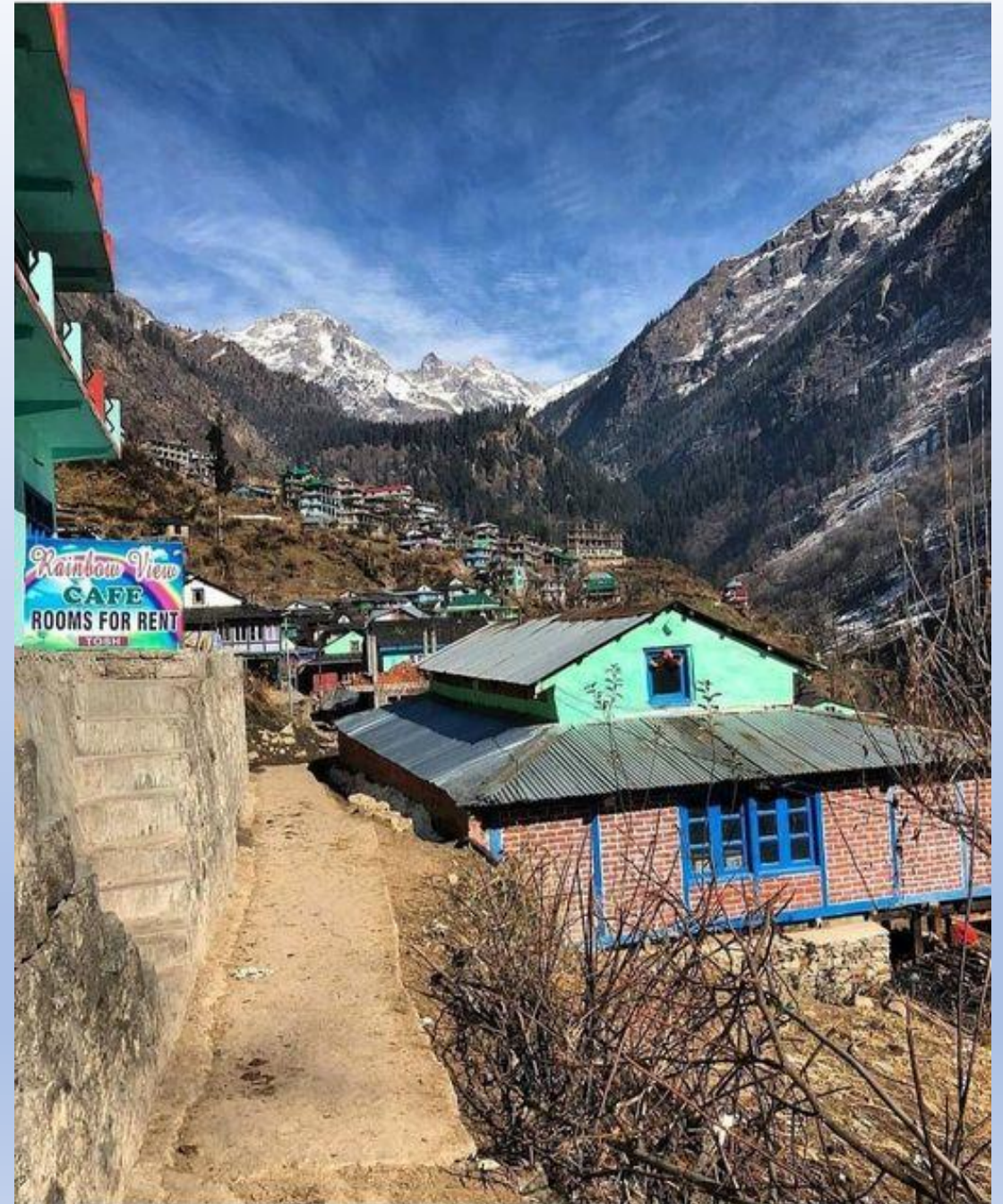
We drive around 30 min to Barshaini (22 Kms) which is the base to go for Tosh Village Hike (3 Kms / 1,5 hrs). Tosh is a hidden gem known for its picturesque village, snow-capped mountains, lush greenery, mesmerizing waterfalls, and captivating gorges.

At 2,400 above sea level, Tosh Village offers majestic views of the towering Himalayas and sparkling waterfalls.

As the home of the River Tosh, a tributary of the Parvati River, this trek will leave you awestruck by the natural beauty of this area.

The trail to Tosh is well-defined and passes through picturesque landscapes, including lush green meadows, waterfalls, and dense forests. The village of Tosh is nestled on a hillside, offering panoramic views of the surrounding mountains.

Return back to Kasol for overnight stay.













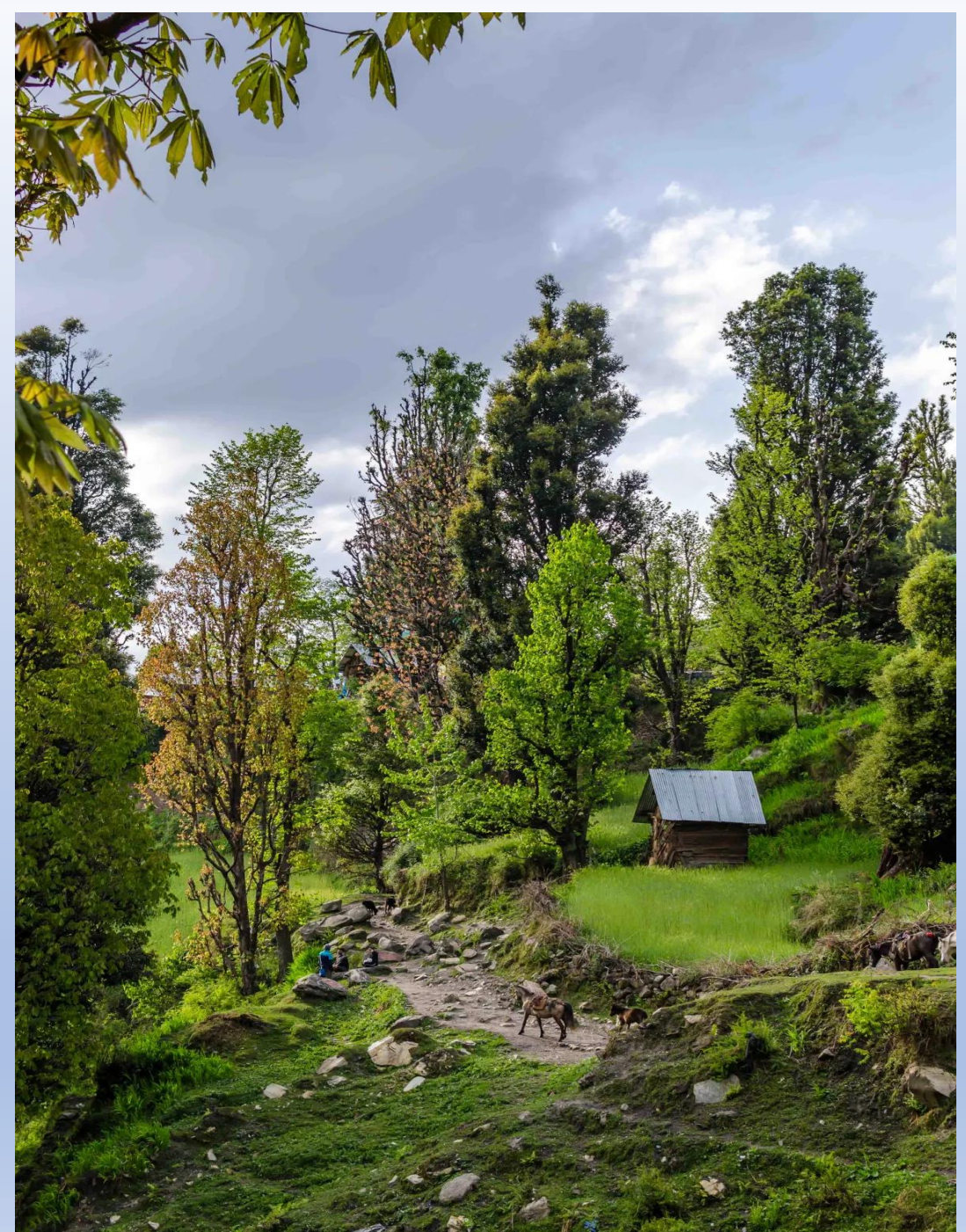
**Day 05 : Kasol** (Day Hike towards towards Thunja /  
Grahan Village (10 Kms /6~7 hrs)

After an early Breakfast, start your hike towards beautiful  
Grahan village through Thunja

We start hiking towards Grahan village (10 km, 4-5  
hours) through the banks of mystical Grahan stream and  
a path full of pine and rhododendron trees.

This hike offers a blend of natural beauty and cultural  
immersion, making it a rewarding experience for  
trekkers.

Return back to Kasol for overnight stay.





**Day 06 : Kasol – Manali (75 Kms / 2.5 hrs drive)**

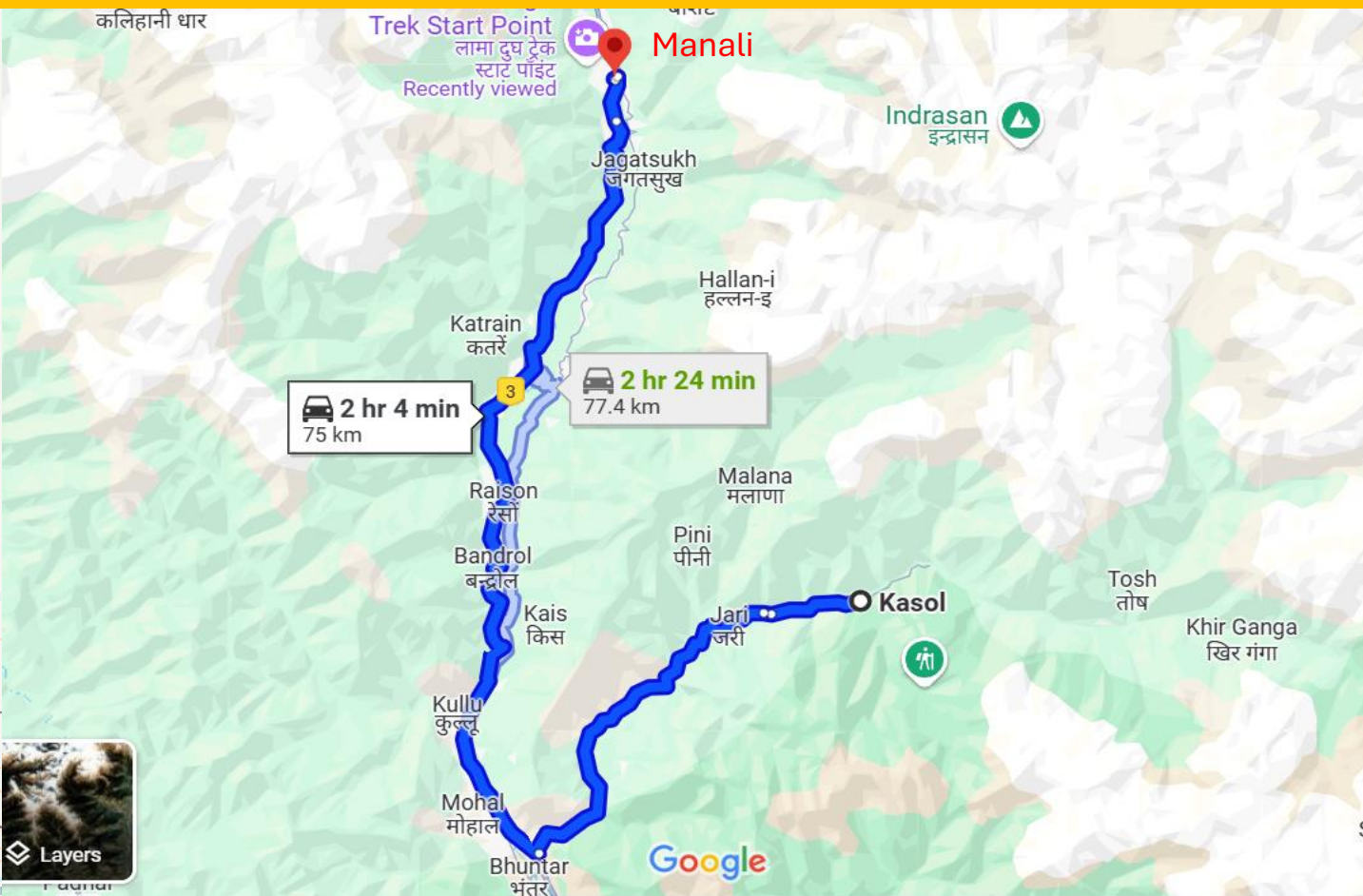
Relaxed Breakfast at Hotel.

Check out & drive to Manali via Kullu.

Arrive Manali & visit Hadimba Devi, Log hut area & free to stroll on small Mall road.

Later check in at Hotel.

Dinner & overnight stay at Hotel.









## Day 07 : Manali (Day Hike to Solang Valley)

After an early Breakfast, drive to Solang (30 min).

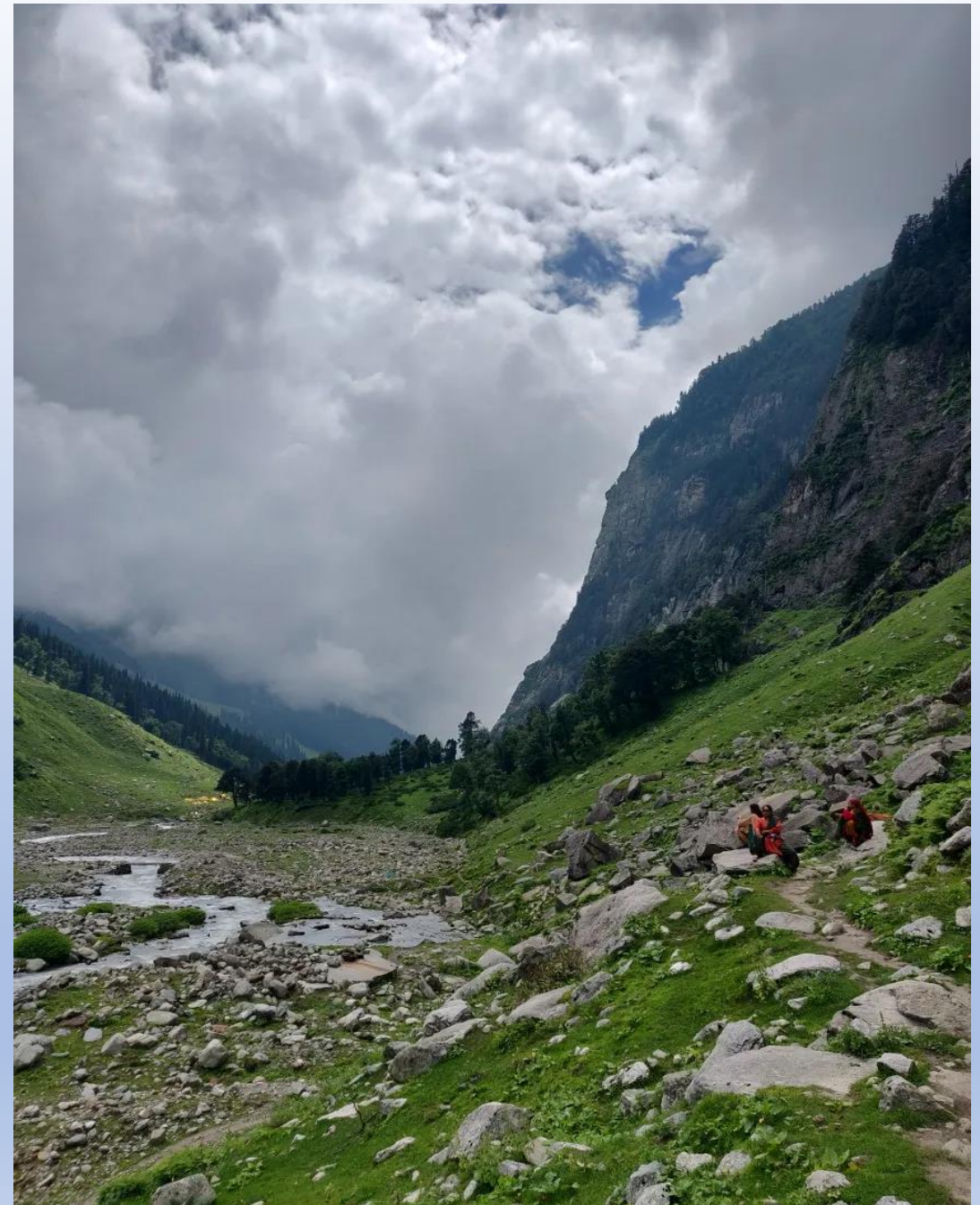
Start your hike upwards towards Patalsu Peak (4472m). It is an uphill trail passing through dense forests which then emerges through the tree line (3500m) which will offer you beautiful views of the Solang valley.

Witness the stunning view of glaciers and snow-capped peaks.

After spending some time, start trek down towards Solang.

Later drive back to Manali.

Dinner & overnight stay at Hotel.











**Day 08 : Manali ( Hike towards Chika Hampta Pass Camp 1)**

Altitude: 2987 m to 3375 m.

After an early Breakfast, drive till Sethan village (45 min). Start your hike through Jobara and upwards towards Chika Camp (3375m). The meadow near Jobra has the Rani Nalah or Rani river flowing in between and on either side, you will see hills with rock faces. After reaching Chika witness the stunning view of snow-capped peaks.

Start return trek towards Sethan village and have lunch.

Later drive back to Manali. Late afternoon, you may also visit Vashist (2050m) where people take dip in the hot sulphur springs.

Arrive Hotel.

Dinner & overnight stay at Hotel.



## Day 09 : Manali (A trail through forest of Pulag)

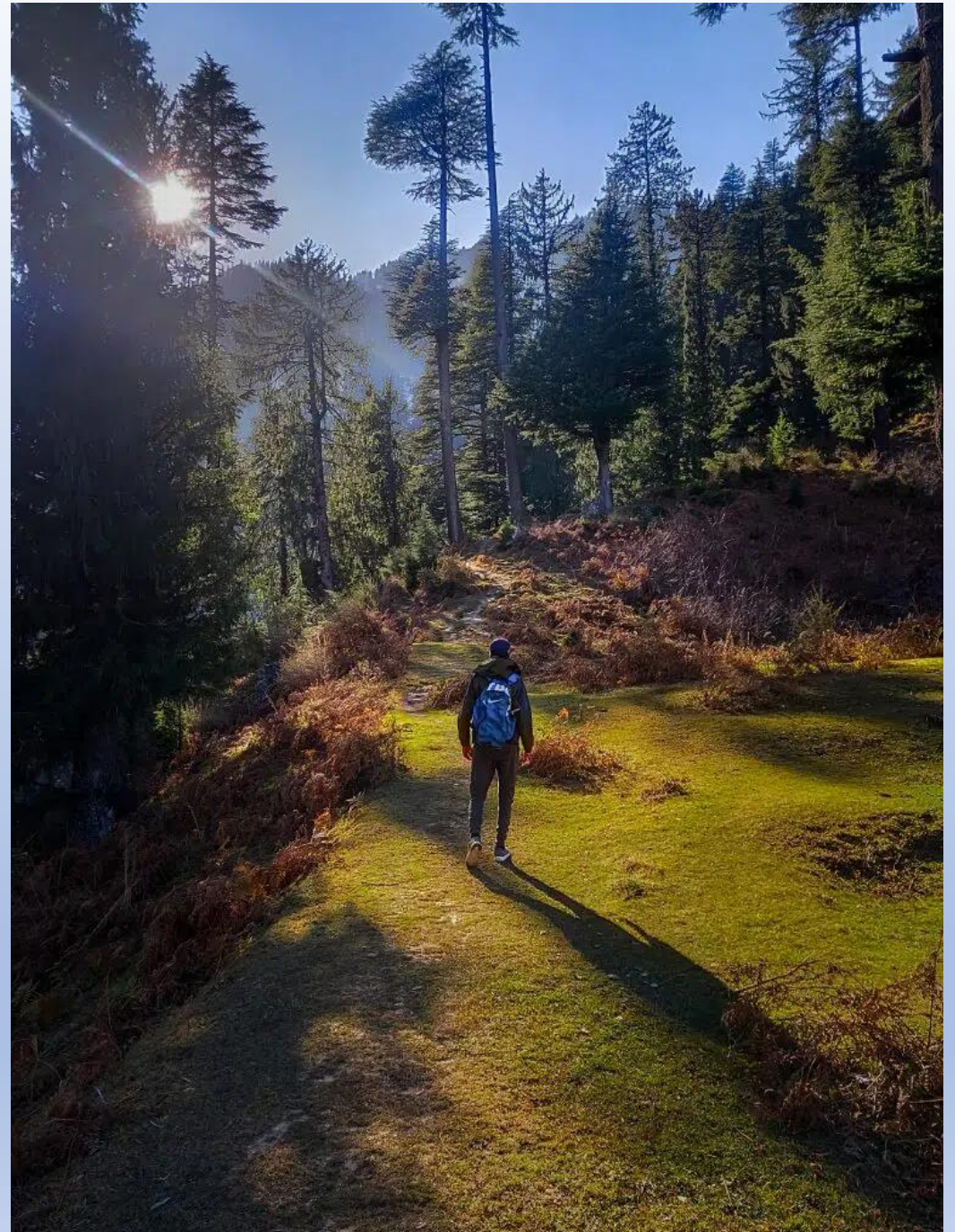
Altitude: 2260 mt.

After Breakfast, drive till Pulag village (1 Hr. 20 min). Start hike through the dense forest of Pulag, witness the stunning view of snow-capped peaks. This trek through a landscape that is bathed in snow to reach the sterling forest.

Walk in the shade of pine, oak and chestnut trees. Revel in the snowy stretch of land, gaze in wonder at the beauty around you, pair up to make a little snowman and maybe even indulge in a fun snowball fight.

Start return trek towards Pulag village. Also visit Nagger Castle.

Evening start return journey towards Manali.  
Dinner & overnight stay at Hotel.









## **Day 10 : Manali – Chandigarh / Delhi (By Flight)**

Early Breakfast at Hotel.

Check out & drive to Chandigarh (270 Kms/ 7 hrs)  
Transfer straight to airport to board flight for Delhi

AI 2403 Dep IXC : 1530 Hrs / Arr DEL: 1635 Hrs

Arrive Delhi & transfer to Hotel.

Time free to relax & unwind.

Depending upon your flight schedule, you will be transferred to Hotel (midnight or next day early morning).

## **Day 11 : Arrive Home.**



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