Dharamshala Seven Lakes Trek

Kareri Village - Kareri Lake - Nag Dal - Seven Lakes - Kareri Lake - Kareri Village

TreksGroup Trek

Tour Basics •

Duration: 5 Days 4 Nights	**Route:** Kareri Village - Kareri Lake - Nag Dal - Seven Lakes - Kareri Lake - Kareri Village

About This Trip •

The Dhauladhar mountain range, a part of the Himalayan chain extending from Chamba and Kangra to Mandi in Himachal Pradesh, is known for its rugged terrain with steep rocky peaks and sheer slopes. While the higher elevations are often snow-covered and dotted with large boulders, the lower ranges are rich in diverse flora and fauna, attracting mountain enthusiasts.

The range is home to seven captivating high-altitude lakes—Nag Dal, Lam Dal, Kali Kund, Kareri Lake, Chanderkoop Lake (Moon Lake), Sukh Dal, and Dam Ghodi Dal. These lakes are steeped in local mythology and considered sacred by the local Gaddi, who undertake pilgrimages to visit them.

The Dhauladhar 7 Lakes trek offers a challenging adventure through steep and rocky terrain, with rewarding views of pristine lakes and lush meadows. The journey begins in Kareri village and leads up to Minkiani Pass, reaching Lam Dal Lake at an altitude of 4343 meters. Due to Lam Dal Lake's sacred status, camping is prohibited, preserving its untouched beauty. The trail, passing through oak and rhododendron forests, offers spectacular views of the Dhauladhar and Pir Panjal ranges. The trek is enhanced by Hanuman Tibba, the highest peak in the Dhauladhar range, making it a serene and picturesque adventure.

The Nag Dal Lake, also called the Cobra Lake, is believed to have been visited by the King of Alwar Raja Bhagsu, as per the advice of his priest, to bring water from the holy lake to have rain in his drought-ridden kingdom. He was so pleased to see the lake with plenty of water that, with his magical powers, he filled all of the water in a pot. While Raja was in a deep sleep in the

Dhauladhar Mountains, Nag Devta was on his routine visit to Lake Nag Dal. Furious at finding the empty lake, he traced Raja Bhagsu's footsteps and challenged him to war. In the fight, Raja Bhagsu was severely wounded and dropped his magical pot, and as a result, Lake Nag Dal was once again filled with water. While Raja was breathing his last breath, he sincerely prayed to Nag Devta, who granted him the wish to curb the drought in his kingdom. Now there’s enough water in Ajmer. Nag Devta also named this place after Raja Bhagsu, which is prefixed with his name as Bhagsu Nag. Hundreds of people now visit this lake for a holy dip, and people worship Nag Devta on Janmashtami.

The Lam Dal Lake: Lam Dal, situated at an elevation of 3,900 meters, is the largest and deepest lake in the area, reachable via Minkiani Pass, Indrahar Pass, and Gaj Pass. The trek to Lam Dal begins in Kareri village via Kareri Lake, progressing through Barie, Drakund, and a 14-kilometre hike to the lake. The journey showcases alpine meadows and glacier basins, offering spectacular valley views and insights into the slow-paced local lifestyle. The Minkiani Pass route is particularly noted for its scenic beauty, lush landscapes, and diverse flora and fauna, making it a remarkable trekking experience that rivals the splendour of the lakes.

Kali Kund Lake, known for its clear blue waters and mystical aura, is often less frequented than other regional lakes. This makes it a perfect destination for those seeking solitude and natural beauty. The lake is named "Kali Kund" due to its dark, mysterious waters, believed to have spiritual significance.

Chanderkup Dal, also known as Moon Lake, is renowned for its striking frozen appearance during early summer, with chunks of ice often floating on its surface. For the best view, visiting towards the end of May when the lake is frozen is ideal. The trek from Nag Dal to Chanderkup Dal spans approximately 3 kilometres and typically takes 2 to 4 hours. At Chanderkup Dal, situated at 12,000 feet, you can enjoy the lake's serene beauty before continuing your journey to the next destination, Dham Godi Dal.

Dham Godi Dal is a lake that feeds into the Beas River, which meanders through the Kangra Valley. To reach Dham Godi Dal from Chanderkup, you need to cover an additional 2 to 3 kilometres. This trek, which includes a steep ascent, typically takes about 3 to 4 hours. Once you arrive, you can set up camp near the lake.

Kali Dal Lake, the temple of Mata Kali, also known as Mata Shakti, is a revered site featuring a famous lake called Kali Dal. While the temple welcomes all visitors, only women can perform worship rituals to Mata Kali, as the goddess represents female power (Shakti). However, everyone can freely explore the area. Visitors are advised that taking a dip in the lake is strictly prohibited, a

rule to remember while visiting this sacred place.

Kareri Lake is a breathtaking trekking destination in the Dhauladhar range of the Himalayas, standing at 3,300 meters. Known for its serene natural beauty, the lake is best visited from April to May when it is not frozen, offering stunning views of waterfalls, glaciers, and lush greenery. The 8 km trek, which takes around 5-6 hours, is moderately challenging, with the initial stretch being particularly tough, passing through forested paths, rocky terrain, and river crossings. Trekkers can also visit a temple dedicated to Lord Shiva and Shakti on a hill overlooking the lake. Though camping near the lake has been banned due to pollution concerns, camps can still be set up nearby, and hikers are encouraged to be environmentally conscious. With unpredictable weather, especially during winter and rainy seasons, carrying warm clothes and trekking with a guide is advised for safety. Kareri Lake trek is a must for anyone seeking adventure and tranquillity in the Himalayas, with every step offering a chance to connect with nature’s untouched beauty.

Itinerary •

Day 1: Kareri village to Kareri Lake | Dist: 14km | Time: 08 to 09 hr | Altitude: 1890m to 2934m

- You’ll begin your trek by meeting your guide at Kareri Village.
- From there, the trail leads through a picturesque coniferous forest, rich with pine, oak, and rhododendron trees.
- You'll reach Reoti, a perfect spot to rest and take in the natural beauty before continuing to Kareri Lake.
- As you approach Kareri Lake, the terrain becomes more rugged and rocky, adding a sense of adventure to the final stretch.
- Upon arrival, you’ll set up camp and spend the night in tents by the serene lakeside.

Meals: Dinner

Night: Camping at Lakeside

Day 2: Kareri Lake to Nag Dal | Dist: 8km | Time: 07 to 08hr | Altitude: 1890m to 4340m

- After freshening up and enjoying breakfast in the morning, you'll begin your trek from Kareri Lake toward Lam Dal and Nag Dal.
- We will even cross Minkaini Pass, situated at 4343 m.
- The trail offers a blend of scenic beauty and challenging terrain as you ascend deeper into the Dhauladhar range.
- Once you arrive at Nag Dal, you'll pitch your tents by the lake and spend the night there, enjoying a cozy dinner under the starry sky.

Meals: Breakfast, Lunch and Dinner

Night: Camping at Nag Dal

Day 3: Explore Seven Lakes | Morning

- After freshening up and having breakfast in the morning, you'll set out to explore the surrounding alpine lakes Kali Kund Lake, Chanderkup Lake, Dham Gori Dal, and Kali Dal.
- These remote, high-altitude lakes offer breathtaking views and a true sense of Himalayan wilderness.
- After your day of exploration, you'll return to Nag Dal, where you'll spend another night camping by the lake.

Meal: Breakfast

Night: Camping at Nag Dal

Day 4: Nag Dal to Kareri Lake | Dist: 08km | Time: 07 to 08hr | Altitude: 4340m to 2934m

- After freshening up, having breakfast, and spending some time at Nag Dal, you'll begin the return trek to Kareri Lake.
- You'll arrive by evening and spend the night camping by the lake once again.

Meals: Breakfast, Lunch and Dinner

Night: Camping at Kareri Lake

Day 5: Kareri Lake to Kareri Village | Dist: 14km | Time: 05 to 06hr | Altitude: 2934m to 1890m

After eating your breakfast by the Lakeside, you will start descending towards Kareri Village, the endpoint of your trek.

Meals: Breakfast

Night: Nil

Inclusions •

Dinner (Rice or Roti & Daal or Sabzi)

Breakfast (Bread Omellete or Maggie)

Packed Lunch

Tea (Morning and Evening)

Tents (sharing basis)

Sleeping Bags or Blankets

Guide

Exclusions •

Water Bottles

GST 5%

Entry Fees by the Forest Department

Trek Gears

Medical Expenses

Any cost arising due to natural calamities

Meals not mentioned in the itinerary

Bonfire

Any travel expenses for reaching the starting point of the trek

FAQs •

Q: What are the seven lakes in Dharamshala?

A:

The seven lakes in Dharamshala are Nag Dal, Lam Dal, Kali Kund, Kareri Lake, Chanderkoop (Moon Lake), Sukh Dal, and Dam Ghodi Dal. These lakes are part of the Seven Lakes Trek in the Dhauladhar range, which starts from McLeod Ganj and passes through Triund, Laka Got, and Indrahar Pass.

Q: What will we cover during this trek?

A:

During this trek, you will cover: There are seven beautiful lakes: Nag Dal, Lam Dal, Kali Kund, Kareri Lake, Chanderkoop (Moon Lake), Sukh Dal, and Dam Ghodi Dal.

Q: Are there different routes for the Dharamshala Seven Lakes Trek?

A:

Yes, there are two routes for the Seven Lakes Trek in the Dhauladhar range. One starts from Kareri Village, and the other from Triund. Both offer different difficulty levels and scenery.

Q: What is the best time to do this trek?

A:

The ideal period for the Seven Lakes Trek is between June and October when the weather conditions are favourable, and the trails are open.

Q: What is the highest altitude of the Dharamshala Seven Lake Trek?

A:

The highest altitude of the Dharamshala Seven Lakes Trek is 4,610 meters, located between Lam Dal and Nag Dal Lake.

Q: How long does the Seven Lakes Trek take to complete?

A:

The Seven Lakes Trek typically takes about 5 to 6 days to complete. It is known for its stunning landscapes and passes through several high-altitude lakes, offering breathtaking views and a rewarding experience. Be well-prepared for varying weather conditions and high altitudes.

Q: What is the level of difficulty for the Dharamshala Seven Lakes Trek?

A:

The Seven Lakes Trek is moderately complex. It involves some steep sections and varying terrain, but it's manageable for those with a basic fitness level. Taking breaks and acclimatising correctly can make the trek more enjoyable.

Q: Are permits required for the Seven Lakes Trek?

A:

Permits are generally not required for the Seven Lakes Trek. However, it's always a good idea to check with local Guides.

Q: Can I find accommodations and food along the Seven Lakes Trek route?

A:

You'll need to carry your camping gear and food for the Seven Lakes Trek, as accommodations and food services are limited along the route. The only food options are available from Kareri Village to Kareri Lake, so planning and preparing accordingly is essential for a smooth trek.

Get in Touch •

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