Hampta Pass Trek

Manali - Jobra - Chika - Balu ka Ghera - Shea Goru- Chattru - Chandartal - Chattru - Manali

TreksGroup Trek

Tour Basics •

Duration: 5 Days, 4 Nights	**Route:** Manali - Jobra - Chika - Balu ka Ghera - Shea Goru- Chattru - Chandartal - Chattru - Manali

Manali — 5D 4N

About This Trip •

Hampta Pass Trek Overview

Hampta Pass Trek is renowned for being one of the most accessible and convenient treks in Himachal Pradesh. It is a gateway between Manali Valley and Spiti Valley, offering breathtaking views and various landscapes. The trek is characterised by its scenic beauty, which includes expansive meadows, glacial valleys, and stunning pass crossings, making it a memorable adventure. Chandratal Lake, situated at around 14,000 feet, is a significant highlight of the trek. The optimal times to undertake this trek are May to July and August to October. The pass is famous for its snow coverage, even during summer, which attracts many trekkers. The entire trek spans approximately 26 kilometres.

Unique Features of Hampta Pass

Hampta Pass, perched at about 14,010 feet on the Pir Panjal range, is a remarkably high-altitude pass. Named after the nearby Hampta Village, it is a corridor between the lush Kullu Valley and the stark Lahaul Valley. The pass offers a dramatic landscape shift, with verdant valleys on one side and barren, rugged terrain on the other. This stark contrast provides a unique and exhilarating trekking experience featuring vertical rock walls, waterfalls, glaciers, and lofty peaks. From the pass, a trail leads to the mesmerising Chandratal Lake, known for its turquoise waters.

Dramatic Himalayan Trek

At 14,000 feet, Hampta Pass is renowned for being one of the most breathtakingly dramatic mountain passes in the Himalayas. On one side, trekkers encounter the lush, green Kullu Valley with its forests, meadows, and vibrant flowers. On the opposite side lies the almost barren Lahaul Valley, characterised by its stark, arid landscape. Standing atop Hampta Pass, the difference between the two worlds is striking and shifts rapidly.

Often compared to the Valley of Flowers due to its vibrant green landscapes, Hampta Pass offers an additional bonus of dramatic contrasts. The transition from the lush green meadows to the rugged, arid terrain of Spiti Valley is a sight to behold. The trek is filled with adventure, challenging climbs, and the thrill of crossing the pass. Trekkers will encounter stunning flora, including Himalayan Blue Poppies and Pink Hill Geraniums, and witness changing forest types from apple orchards to deodar and oak trees.

Trek Highlights

Hampta Pass: At 4,270 meters, this pass offers breathtaking mountain views and a dramatic landscape transition.

Chandratal Lake: Situated at 4,300 meters, this lofty lake is famous for its crystal-clear blue water and the snow-capped peaks encircling it.

Cultural Experience: The trek passes through small villages where trekkers can experience local traditions and cultures.

Difficulty: The trek is moderately complex, making it suitable for both beginners and experienced trekkers.

Camping: The trek includes camping opportunities under the stars amidst the stunning Himalayan backdrop.

Best Time to Trek

The Hampta Pass Trek is best undertaken from early June to late September, with the peak months being June, July, and August. These months offer vibrant meadows, ample snow on the pass, and pleasant temperatures ranging from 5°C to 18°C during the day and 3°C to 5°C at night.

Experience and Adventure

Hampta Pass is more than just a trek; it's an adventurous journey through diverse landscapes and cultures. From the rich flora and fauna of the Kullu-Manali region to the barren beauty of Lahaul and Spiti, the trek offers a comprehensive experience of the Himalayas. The trek also provides a glimpse into the local Tibetan-influenced culture in villages like Sethan, enhancing the overall adventure with cultural insights and breathtaking scenery.

Connectivity

Manali is the starting point for the trek and is easily accessible by road, train, or air from major Indian cities.

By Road: Manali is approximately 550 kilometres from Delhi and 310 kilometres from Chandigarh. Several Volvo, Deluxe, and State transport buses regularly run between these cities and Manali. Buses and taxis also connect Manali with cities such as Ambala, Dehradun, Haridwar, Shimla, Una and Dharamshala.

By Train: There is no direct train service to Manali. However, you can take the Shatabdi Express to Chandigarh, hire a cab, or take a bus to Manali. Alternatively, you can travel to Pathankot by train and then to Manali by taxi or bus.

By Air: The closest airport to Manali is Bhuntar, about 52 kilometres away. Several private and Indian Airlines provide regular flights to Bhuntar Airport. For international travellers, the nearest major airport is Chandigarh. From Bhuntar, you can travel to Manali either by cab or by taking a direct bus.

Advice for the Hampta Pass with Chandratal Trek

Trekking in the mountains can be both challenging and unpredictable. Here are some essential tips to keep in mind for a safe and enjoyable Hampta Pass Trek:

- Avoid trekking after sunset, as the mountains are home to various wild species, and you may encounter unexpected wildlife.
- Begin your trek early to cover more distance comfortably.
- Use walking poles to support yourself; they may not look stylish, but they provide crucial stability and feel like an extra set of legs.
- Bring a water bottle to keep yourself hydrated throughout the trek.
- Wear comfortable trekking shoes that offer good weight and cushioning.

- Before your trek, practice walking with a backpack for extended periods to build endurance. You'll be away from civilisation for most of the journey.
- Minimise noise to preserve the mountains' serene environment and avoid disturbing the peaceful atmosphere.

ATM Availability

The last ATM you will find before the trek will be in Manali only. It is always advised to carry enough cash. Make all the necessary payments before, and then have some extra money.

Network Connectivity

Jobra, the base of the trek, is where you'll get a stable network before the trek.

Trek essentials

Before any trek, there are some necessary items that we need to pack. Here is a list of those to help you pack on this, as well as on future oness too:

- Rucksack with rain cover
- Trekking boots, woollen socks, and socks
- Woollens, thermals, puffer jackets
- Snacks
- Medicines
- Moisturiser, sunscreen, napkin, toilet paper

Stay Categories & Options •

Double Sharing	Persons: 2	INR 5,500.00	~~INR 7,500.00~~	Save INR 2,000.00

Triple Sharing	Persons: 3	INR 5,500.00	~~INR 7,500.00~~	Save INR 2,000.00

Itinerary •

Day 1: Drive from Manali to Jobra and Trek to Chika | Drive 15 km Trek 3.5 km | 03 to 04hrs | Altitude: 3050m to 3048m

- Upon reaching the Manali base camp at 9 a.m., there will be a lively briefing session between the trekkers and guides.
- After the briefing, we will drive from Manali base camp to Jobra village, the starting point of the trek.
- From Jobra, the trek kicks off towards Chika, where dinner will be provided, and you'll spend the night.

Meals: Dinner

Stay: Stay at the camps in Chika.

Day 2: Chika to Balu ka Ghera | Trek 8.1 km | 04 to 05hrs | Altitude: 3048m to 3657m

- Following breakfast, we'll start our trek from Jobra to Balu Ka Ghera, which is named for its bear habitat, as it serves as a winter hibernation area for these animals.
- The trek promises to be challenging and scenic, with crossings over various rivers and streams and opportunities to enjoy the beauty of nature's blooms.
- To fully appreciate the experience, we'll leave the most dramatic moments for the trekkers to discover for themselves.

Meals: Breakfast & Dinner

Stay: Stay at the camps in Balu Ka Ghera

Day 3: Balu Ka Ghera to Shea Goru | Trek 12 km | 07 to 08hrs | Altitude: 3657m to 4297m

- On the third day of the Hampta Pass Trek with Chandratal, we plan to depart from the campsite by 7 AM to tackle the long and demanding trek ahead.
- This adventurous day will be filled with diverse floral scenery along the trail. We'll trek from Balu Ka Ghera to Shia Ghoru at 12,900 feet.
- Expect around 4-5 hours to reach the Hampta Pass at 14,000 feet, followed by a few more hours of descent to Shia Ghoru.
- The steep descent will lead us to the Shia Ghoru campsite, where you can enjoy a stunning sunset view from Hanuman Tibba Peak.

Meals: Breakfast & Dinner

Stay: Stay at the camps in Shea Goru.

Day 4: Shia Ghoru to Chatru, drive to Chandratal, and back to Chatru | Drive 48km | 04 to 05hrs | Altitude: 4297m to 4300m

- Today, we'll be going to Chatru, a spot known for its stunning and memorable vistas of the Lahaul and Spiti valleys.
- The presence of the Spiti and Pir Panjal ranges will enhance the majestic views.
- Chhatru is a central point connecting Hampta Pass, Rohtang Pass, and Spiti Valley.
- After this segment of the trek, we'll take a jeep ride to Chandratal, a location steeped in legend as the place where Yudhishthira, the eldest Pandava, ascended to heaven.
- If the weather permits, we'll camp in Chhatru, though the trail can be slippery.
- Early summer may bring snowfall, with only patches of snow remaining later.

Meals: Breakfast & Dinner

Stay: Stay at the camps in Chhatru.

Day 5: Chatru to Manali Base Camp | Drive 83km | 04 to 05hrs | Altitude: 4297m to 3050

- On the final day of our adventure, we'll start early to cover the distance ahead.
- We plan to depart from Chhatru by 8–9 AM following breakfast.
- Our first destination will be Manali, which we expect to reach by lunchtime after crossing the Atal Tunnel. Be cautious; we aim to arrive in Manali around 5 p.m.

Meals: Breakfast

Stay: Nil

Inclusions •

All vegetarian meals (Breakfast, lunch, dinner and snacks) are included.

Transportation on both sides.

Rooms/Tents (on a sharing basis).

Sleeping Bags or Blankets.

Necessary Permits.

Cook, guide and helper.

Exclusions •

Water Bottles.

GST 5%.

Walking stick.

Porter for personal belongings.

Any item not mentioned in the includes section.

Trekking Gears.

Medical Expenses.

Personal trekking equipment like shoes, jackets, pants, backpacks, etc.

Any cost arising due to natural calamities.

Bonfire.

Any travel expenses for reaching the starting point of the trek.

FAQs •

Q: Is the Hampta Pass trek suitable for beginners?

A:

The Hampta Pass trek is suitable for beginners as it is a moderate-level trek, making it accessible for both new and experienced trekkers.

Q: What is the maximum altitude of the Hampta Pass trek?

A:

Aspect	Details
Maximum Elevation	14,065 feet (4,287 meters)
Starting Point	Jobra (9,379 feet / 2,858 meters)
Elevation Gain	Average 2,000 feet (600 meters) per day
Trek Duration	4 Nights 5 Days

Q: Should I bring my camping gear for the Hampta Pass trek?

A:

If trekking independently, bring your camping gear (tent, sleeping bag, cooking equipment). Most organised treks provide this unless you choose a package that includes gear rental.

Q: How long does the Hampta Pass trek take?

A:

The Hampta Pass trek typically takes 4-5 days. It covers approximately 35 km and involves a long, 9-hour walk on the day of crossing the pass.

Q: What is the cost of the Hampta Pass trek?

A:

Mode	Price
From Manali, Triple sharing	?7,500/- PP
From Manali, Double sharing	?8,500/- PP
From Delhi, Triple sharing	?10,500/- PP
From Delhi, Double sharing	?12,500/- PP

Q: What makes the Hampta Pass trek popular?

A:

The Hampta Pass trek is renowned for its dramatic transition from the verdant Kullu Valley, characterised by its rivers, meadows, and pine forests, to the stark, snow-clad mountains of Spiti Valley. At 14,000 feet, it offers a unique journey from verdant landscapes to a high-altitude desert, providing breathtaking scenery and diverse terrain.

Q: Is the Hampta Pass Trek difficult?

A:

The Hampta Pass Trek is classified as easy-moderate in difficulty. While the overall trek is moderate, it can be challenging near the pass. It covers diverse terrain, including open meadows, dense forests, and mountain passes, and the total distance is around 26 km.

Q: Can I trek the Hampta Pass alone?

A:

If you're an experienced trekker, you can trek the Hampta Pass alone. However, for safety reasons, it is recommended that you go with a guide or join a group.

Q: Is alcohol allowed in the Hampta Pass Trek?

A:

No, alcohol is not allowed on the Hampta Pass trek. Smoking and narcotics are also prohibited as

they can exacerbate dehydration and fatigue at high altitudes.

Q: Why is Hampta Pass famous?

A:

Hampta Pass is famous for its stunning landscapes and high-altitude trekking. At 14,000 feet, it offers diverse scenery, including dense pine forests, meadows, rivers, glaciers, and barren high-altitude deserts. The trek also features the confluence of the Hampta, Rohtang, and Spiti passes and passes through mountain villages, providing a rich cultural experience.

Q: Is a permit needed for the Hampta Pass?

A:

Yes, a permit is needed for the Hampta Pass trek. Obtain the necessary entry permits and follow conservation guidelines to minimise environmental impact.

Get in Touch •

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