

BHABHA PASS TREK, HIMACHAL PRADESH, INDIA

09 Nights 10 Days (Year-2018)



The trek to Bhabha Pass (4640 m) is one of the most exciting treks in the area. The pass remains snow-bound round the year. The pass being relatively easy to cross, it was used as year round by local to cross over from Kinnaur valley to Spiti and vice- versa. The trek begins from Kinnaur, which is lush green and finishes in barren Spiti region with stark and harsh landscape. It joins two completely different regions of Himachal Pradesh. Bhabha Valley gets higher rainfall than surrounding areas hence, the valley has more variety of flora and fauna. Apart from the trek, you also visit Chitkul; the last border outpost and Comik; the highest village in Asia and the famous monasteries of Tabo and Ki. The results of old contacts with Tibet are still visible in the fairs and festivals and other customs of the people in the remote areas. The extended family system is still prevalent in the region.

Total trekking distance 56 kms
Grade: Moderate
Permit required for Non Indian citizens

Total road distance covered: 1200 kms
Highest point reached: Bhabha pass- 4865M

Day 01: Chandigarh – Thanedar (2287M/ 7500 Ft)- 195 kms/ 06 hrs

Reach Chandigarh flight around 1100 hrs and drive to Thanedar via Shimla; the summer capital of the British at the time of their rule. Overnight stay at Banjara Orchard Retreat.



Day 02: Thanedhar- - Sangla (2700M/ 8856 Ft)- 156 kms/ 6.5 hrs

Early morning walk in Saroga forest. Later, drive to Sangla in Kinnaur valley via Rampur. Most of the drive is along River Sutlej. At a height of 2,700 mts, Sangla town is surrounded by towering mountains on all sides and is set on the banks of the Baspa River that surges through the valley. Walks to discover the amazing fauna and flora of the valley, treks to view snow covered Himalayan peaks, angling for trout, experiencing some of the local culture and traditions. Surrounded by apple orchards, the campsite has cosy tents and rooms and offer activities like rappelling, trout fishing and river crossing. Evening around bonfire



Day 03: Visit Chitkul village (3,450M/ 11316 ft.) - 40kms drive and 5 kms hike- 5-6 hrs- acclimatization

Chitkul is the last village on the old Indo-Tibetan trade route. It is a remote little hamlet with a lovely temple built in typically Kinnauri architecture. From here, we hike up to Nagasthi, the last border outpost that civilians are allowed to. Rest of the day at leisure back at camp

Day 04: Sangla – Kafnu (2200M/ 7216Ft) – Mulling (3280M/ 10759Ft) – Drive- 66km / 3 hr and trek – 15 kms/ 5 hrs

After breakfast drive to Kafnu (the starting point of the trek) with packed lunch from camp. Walk to Mulling, through forest and meadows. Steep climb in parts. you will reach a section where you'll be surrounded by different types of trees at one spot; silver birch, pine and oaks. The trail though is pretty well marked and a no. of ice falls may be seen. Night stay in trekking tents.

Day 05: Mulling – Kara (3560M/ 11677 ft) - 6kms/04 hr

A gradual climb to Kara. Kara at 3560M From this section, a quick 1.5 km steep ascent will take you to a beautiful meadow with flower beds. It is a nice meadow with lots of alpine flowers and you can see a number of peaks from here. Camp overnight.

Day 06: Kara - Phustirang (4200M/ 13776 ft) - 6km/04 hr

Today, the trek is steep uphill. Follow the left bank of the river to Phustring (base of the pass), 4200M. Several streams join here. You get fantastic views of the Hansbeshan peak (5840M). Camp overnight.

Day 07: Phustirang – Chhochhoden - 13km/10-12hr

Early morning departure. A steep 3km/3hr walk leads to the 4865M high pass. Pass usually is snowbound throughout the year. The pass offers an excellent view of peaks of Spiti. A steep downhill walk brings you to your campsite at Chhochhoden. Camp Overnight

Day 08: Chhochhoden - Mud – Kaza (3800M/ 12464 ft) - 12km/4-5 hr hike, /2hr drive

Walk on the right bank of River Pin with a gradual gradient. The view of Mudh village after crossing Bara Boulder is a sight unlike any other. The river crossing atop the suspension bridge is a thrilling experience in itself. After reaching Mud have lunch and drive 02 hrs to Kaza where we stay the night.





Day 09: Kaza – Manali - 08 hrs

Drive to Manali via Kunzum and Rohtang la as we head back towards home. Reach Manali in the evening and settle into your room. Evening at leisure. Night stay in hotel.

Day 10: Manali- Chandigarh- 08- hrs drive

Leave for Chandigarh early in the morning. Drop at Airport.

1. QUOTED COST INCLUDES:

- Accommodation in all places.
 - (Thanedhar- Sangla – Camping – Kaza - Manali)
- Transportation Cost For all Day's as per itinerary (Pick up and Drop from Chandigarh in 01 Innova/similar).
- Services of a guide for trek as per itinerary.
- All applicable taxes and Service Charges.

2. COST DOES NOT INCLUDE:

- Beverages at retreat except those served on buffet table.
- Any En route/ personal expenses.
- Any expenses incurred due to factors beyond our control like a natural calamity/ man-made calamity.
- Any air/rail fares.
- Insurance.
- Bottled mineral water (Aquaguard purified water is served free of cost at all our properties).
- Expenses on account of factors beyond our control like flight/train cancellations, landslides.

TOUR NOTES

Accommodation:

Thanedhar:	Banjara Orchard Retreat
Sangla:	Banjara Camps & Retreat
Camping/trekking	Banjara
Kaza	Dewachan Retreat
Manali	Sonaugi Homestead

Food & Hygiene:

Food is a mix range of vegetarian/ non- vegetarian with a choice of Indian, Continental & Chinese food. All meals are buffet meals. There is no room service at most places.

Altitude Sickness:

Acclimatization to altitude above 3000 meters takes time. The body undergoes a number of physiological changes some of which are immediate like increased pulse rate & respiratory rate. These changes plus the effect of intense sunlight, walking & dehydration may cause loss of appetite, fatigue, headache, nausea, dizziness, sleeplessness, mild shortness of breath etc. The best treatment is prevention! Avoid rapid ascents; take acclimatization symptoms seriously using rest days/Diamox tablets. If symptoms are severe, DESCEND IMMEDIATELY.

Fitness:

You should be in good health if you wish to hike. Please take your doctor's advice if you are a heart patient, asthmatic, pregnant or suffer from epilepsy. Please note that you will have to climb down about 90 odd steps to reach the retreat.

Porterage:

Porterage of up to 07 kgs per person while on trek is included.

Photography: Carry photography gear. Please ask your guide before taking photographs inside any monastery. Taking photographs at Army Camps/Check-points is prohibited. It will not be possible to charge your equipment while camping.

Medicine:

We keep a first aid kit. It would be anyway a good idea to bring your own basic first aid kit with medicines for motion sickness, nausea, some painkillers etc. Please carry sun block and chapstick. Keep your face, feet and hands well protected. Request your doctor to prescribe effective medicines to cover the following: Fever, Body and joint pains, Cold, Cough, Sore throat, Headache, Acidity, Stomach cramps, Vomiting, Dysentery, Loose motion, Constipation, Diarrhea, Swelling, Muscle Pulls & Sore eyes. We do carry a first aid box though. In case you have any illness of any sort, please do inform us in advance so that we can take necessary precaution. You could also carry vaseline, Band Aid, Cotton, Badge roll, Dettol, Mouth freshener, Nose inhaler, Cough drops, Lip balm, Vicks, Elastoplasts, Adhesive tape, 4" crepe bandage.

List of things to bring:

1. Backpack with supporting frame.
2. Sleeping bag (should be good for -20 degrees centigrade)
3. A small day backpack to carry water, food, jacket and camera
4. Hiking shoes- you need good traction in shoes and these should be at least water resistant. Forclaz 500 is a good. Your shoes should be well broken-in and not new.
5. 3 pairs of lowers (no jeans) with at least one of these should be quick drying pants.
6. 4-5 full sleeves T-shirts
7. A fleece jacket
8. A full sleeve thick jacket
9. Underclothing
10. 2 pairs of thermal inners
11. 3-4 pairs of sports socks. 3-4 pairs of woolen socks
12. Woolen cap/ balaclava that covers the ears
13. Woolen gloves + waterproof gloves or waterproof gloves with good fleece lining.
14. Sun glasses- ones that are 100% UV protected and cover your eyes completely. No blue colored sunglass. Sunglasses prevent snow blindness. People who wear spectacles should use contact lenses or photo- chromatic glasses.
15. A woolen head-scarf or muffler
16. Trekking pole.
17. Light towel (should be quick drying kind).
18. Lip balm
19. Cold cream and sun screen lotion (SPF 40+).
20. 2 Water bottles (1 L each). The insulated water bottles are good but even normal water bottles will suffice. Please do not carry throwaway plastics.
21. Flash light with extra set of cells (head lamps preferable).
22. Personal toilet kit (minimal) and toilet paper.
23. Personal medicine kit containing: diamox, crepe bandage, band aids, ORS packets and any personal medication that you might be using.
24. Small repair kit consisting of safety pins, needle, thread and string.
25. Camera, memory-cards, batteries etc (carry enough spare batteries. Electricity is not available on the slopes.
26. Water proof backpack liner else put all belongings in polythene and put in backpack.

• Leave your denims behind – these are ill suited for treks and add weight.

• Do not carry disposable plastic bottles like (Bisleri, Aquafina), plastic wrapped/packaged items. Try not to bring any non bio-degradable material.

BOOKING, PAYMENT AND CANCELLATION POLICY

CONFIRMATION:

100% advance to confirm booking.

CANCELLATION CHARGE:

Minimum	: 20% of full amount.
Less than two weeks of arrival date (or tour start date)	: 50% of full amount.
Less than one week of arrival date (or tour start date)	: Full amount.

PAYMENT MODES & METHODS:

1. ONLINE TRANSFER into our **current** accounts in Axis Bank **or** Standard Chartered Bank
2. DIRECT CHEQUE DEPOSIT into our **current** accounts in Axis Bank **or** Standard Chartered Bank at any branch/ ATM in India
3. DIRECT **CASH** DEPOSIT, into our **current** account at any branch in India
4. By CASH or CHEQUE handed over personally (or by your rep) AT OUR DELHI OFFICE
5. OUTSTATION CHEQUE payments are acceptable **only if** they are delivered (or we get a scan of the bank deposit slip) at least 4 working days before the payment due date.
6. OUTSTATION PAYMENTS by a **Payable at Delhi** DD sent to our Delhi Office by courier/post.

IMP: CHEQUE / DD to be made in **favour of "Banjara Camps & Retreats Pvt. Ltd."**

AXIS BANK:

- A/c name : Banjara Camps & Retreats Pvt. Ltd.

- A/c no. : **015010200017806**
- Branch address : K-12; Green Park Main; New Delhi – 110016
- Branch Code : UTIB0000015 (for direct cheque deposit)
- IFSC Code : UTIB0000015 (**for online transfer**)

STANDARD CHARTERED BANK:

- A/c name : Banjara Camps & Retreats Pvt. Ltd.
- A/c no. : **525-0-509-319-3**
- Branch address : 10 Sansad Marg; New Delhi – 110 001
- Branch Code : SCBL0036027 (for direct cash/ cheque deposit)
- IFSC Code: : SCBL0036027 (**for online transfer**)



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