Hampta Pass trek

About This Experience

At 14,000 feet Hampta Pass in Himachal Pradesh falls under those rare, dramatic pass crossings in the Himalayas. On one side is the lush green valley of Kullu — with forests, grasslands, and flowers blooming on the side of your trail. On the other is the almost arid, stark landscape of Lahaul, with barren mountains and almost no vegetation.

Standing on the top of the pass, what's ahead and behind are two different worlds. It changes in a matter of minutes.

Simply put, the Hampta Pass is Himachal's Valley of Flowers. The landscape is strikingly similar to that of Valley of Flowers – a green narrow valley protected by snow-covered mountains – but there's a bonus here.

When you get onto the other side of the Hampta Pass, you'll be in awe looking at the stark contrast from what you just left behind. The landscape that stretches in front of you is Spiti Valley, known for its barren stretches, rugged terrain and forget-me-not blue skies.

What makes the dramatic changes heightened, even more, is how thrilling the climb to Hampta Pass is. For trekkers, crossing the Hampta Pass (even without the scenery changes) is a great story of adventure. They will love the nervous excitement of climbing to the pass over many ledges, almost appearing to get to the pass, but never really sure until you get there.

On this trek, you move from one side to the other over 6 days, covering 25 km.

Highlights

- Spread distantly from lush green Kullu-Manali valley to the barren landscapes of Spiti, Hampta Pass Trek is on every wanderer's bucket-list
- Visit Chandrataal, the 'Lake of the Moon', which is an incredible emerald crescent shaped lake that changes it's colour throughout the day
- Trek through vertical rock walls, glossy grasslands, gurgling streams, silver waterfalls, hanging glaciers and what not
- Witness the beautiful confluence of 3 passes Hampta, Rohtang and Spiti, a surreal treat to the eyes
- Get a chance to explore the distinct Buddhist culture of the inhabitants of Sethan who are original migrants from Tibet and Spiti Valley.

Duration : 6 Days 5 Nights

Start Point : Manali
Destination : Hampta pass

Min. Age:
10 years

Accomodation :
Tents

Difficulty Level :
Moderate

Max. Altitude:
14100 feet

PLAN IN A NUTSHELL

Day 1	**Arrive at Sarsai, Haripur by 10 am** Altitude: 1189 meters Drive to Jobra Roadhead and Trek to chikkla	Private Vehicle	Tents	Dinner
Day 2	**Trek from Chikka to Jwara** Altitude: 2733 to 3354 Trek Distance: 4.50 km Trek Duration: 4 hours	Trek	Tents	All Meals
Day 3	**Trek from Jwara to Balu Ka Ghera to hampta top** Altitude: 3354 to 3725 Trek Duration: 4 hours Trek Distance :5 km	Trek	Tents	All Meals

Day 4	**Trek from Balu ka Ghera to Shea Goru via Hampta Pass** Altudite: 3725 to 4270 Trek Duration: 9 hours Trek Distance: 5 km	Trek	Tents	All Meals
Day 5	**Trek from Shea Goru to Chhatru** Option Drive from Chhatru to Chandratal and back Altitude: 3865 to 3287	Trek	Tents	All Meals
Day 6	**Chhatru to Manali** Optional Drive from Chhatru to Chandratal and then to Manali	Trek	Stay Not Applicable	Breakfast

INCLUSIONS AND EXCLUSIONS

INCLUSIONS

- All veg meals during the trek. Breakfast, lunch, evening snacks, dinner.
- Camp accommodation on all the nights in high-quality tents on a twin or triple-sharing basis. Sleeping bags, sleeping mattresses, dining tents, and cutlery included.
- Mountaineering qualified and experienced trek leaders, guides, and experienced cooks.
- All the necessary mountain medicine includes first aid, oxygen cylinder, etc.
- Passes and permits.

EXCLUSIONS

- Lunch on the first day and last day.
- Personal expenses.
- Anything not specifically mentioned in the inclusion list.
- Offloading
- Transportation

PLAN IN DETAIL

Day 1 Arrive at Sarsai, Haripur by 10 am

Altitude: 1189 meters | Drive to Jobra Roadhead | and Trek to chikkla

Private Vehicle	Tents	Dinner

Arrive at Sarsai, Haripur by 10 am. Drive to Jobra Roadhead, and Trek to chikka

Drive Duration: 3 hours | Trek Duration: 2 hours

Arrive at Manali a day in advance. Reach Sarsai Campus by 10.00 AM. You can also choose to stay nearby at Sarsai or Naggar.

The base camp for the Hampta Pass trek is Jobra. The picturesque drive especially from Manali, along with 42 hairpin turns, has panoramic views of Kullu Valley. The Rani Nallah, which you will trek alongside till it disappears under the snow of Hampta Pass, starts accompanying you from here. From the road head at Jobra, the campsite is a 30-minute trek through a mixed forest of pine, bright green maple trees and luminescent silver birch.

Cross the road where you get off from the vehicle and take the small path into the forest. The forest is mostly Pine with an occasional Maple tree with its new lush green leaves - a pleasant change in the vegetation. It's an easy slope and after 20 minutes into the forest, you come to a bend with a huge rock that overlooks a meadow strewn with small rocks. Camp in the meadows for the night to acclimatise better.

Day 2 Trek from Chikka to Jwara

Altitude: 2733 to 3354 Trek Distance: 4.50 km Trek Duration: 4 hours

Trek **Tents** **All Meals**

Trek from chikka to Jwara

Trek Duration:4 hours | Trek Distance: 4.50 km

Difficulty: Easy-moderate. Easy walk to Chika for about an hour followed by 2 hours of ascent through a boulder section. Descent for 1-1.5 hours easing off into a level walk.

The meadow near Jobra has the Rani Nallah or Rani river flowing in between and on either side, you will see hills with rock faces. Some cows and sheep graze in the meadow which is lined with Maple and Pine trees. Early in the season one may find some snow by the side of the river.

You can traverse the meadow or climb up the left hill. The climb makes the path slightly shorter. The river flows right in the middle and water is no issue. You can take a break here at Chika.

Jwara is to the right of Chikha and can be identified by a couple of waterfalls in the distance. Head right but stay on the left bank of the river throughout. The initial climb is mainly through stones and boulders. The going is never too difficult. The right bank of the river is laced with dwarf Rhododendrons in the lower and middle region of the mountain and Birch trees grow at the upper end.

Look back and you will see the Dhauladhar range with its snow-clad peaks. It makes a pretty picture. You will find a waterfall to your left. Relax and replenish your water supplies at this spot.

After the waterfall, you move to your right, heading towards the river, which has a lot of boulders around it. Take off your shoes if you wish and jump across the rocks on the Rani Nallah. The water is icy cold as one would expect.

You are now about halfway through your trek as you enter a walled valley. On one side of the valley are the rock faces and on the other end is the river below. Once you cross the river, you are at Jwara where nature is at her dramatic best.

Day 3 Trek from Jwara to Balu Ka Ghera to hampta top

Altitude: 3354 to 3725 | Trek Duration: 4 hours | Trek Distance :5 km

Trek **Tents** **All Meals**

Trek from Jwara to Balu Ka Ghera to hampta top

Trek Duration: 4 hours | Trek Distance :5 km

Difficulty: Moderate. Short meadow walk followed by boulder section for a couple of hours, leading to a trail on loose rocks all the way. Very gradual incline through the day.

The river has snow flows melting and feeding it while numerous sheep and mules feed on the green grass. In front are snow-clad mountains beyond which lies the Hampta Pass.

Walk along the Rani river heading into a rectangular valley. On your way, you will find a variety of tiny flowers - purple, yellow, pink etc. The trees are now left behind. You won’t find them anymore for quite some time. It takes about half an hour to cross the valley.

Our Senior Trek Leader, Aditya Bodke says, "There is a section on this day that goes through a flattish terrain where you are surrounded by flowers. You see the long, pink distorts, marigolds, and blue poppies. The Rani Nallah is flowing on the side. The ascent is gradual, so you get time to walk at leisure, introspect as you go through this section."

After you come out of Jwara, you need to walk further along. The terrain flattens as you reach Chota Balu ka Ghera where you can rest for a bit and have a quick snack. Then continue further along the river, crossing small snow flows and jumping across rocks.

Towards the end, the rocks are quite far apart and jumping across gets tricky. Soon after, you will reach the destination for the day – Balu Ka Ghera or the bed of sand. The ground is formed mainly by the sand and dust brought down by the river.

It is level ground and behind you are the mountains you will traverse the next day to cross the Hampta Pass. Pitch your tent and enjoy a beautiful sunset behind the Hanuman Tibba peak. You are now close to 12,500 ft above sea level.

Day 4 Trek from Balu ka Ghera to Shea Goru via Hampta Pass

Altudite: 3725 to 4270 | Trek Duration: 9 hours | Trek Distance: 5 km

Trek **Tents** **All Meals**

Trek from Balu ka Ghera to Shea Goru via Hampta Pass

Trek Duration: 9 hours | Trek Distance: 5 km

Difficulty: Moderate. An hour of gradual ascent after which the trail becomes steep uphill till the pass, interspersed with short descents. 2 hours of steep descent from the pass, easing off into a flat walk.

Today's trek can be broken into two stages - the climb to Hampta Pass which is moderately steep followed by a steep descent to Shea Goru. You will want to take a small break at the top of the pass to make it your target to reach the pass by lunchtime, have lunch there and then start the descent.

You begin your day by heading towards the mountains from Balu Ka Ghera. You may get a pleasant surprise with lots of tiny pink and yellow flowers growing by the side of the river. Move along the river for an hour after which you will be above it. At some points, the trail may fade out so be careful not to get lost. Stay with your team.

After an hour of a gentle gradient in a rockfall prone area, the climb picks up. This is the first serious incline you will encounter. Half an hour into the climb, you will reach the first plateau. Here you get to see the Deo Tibba peak right in front of you.

If you are here during early summer, there is a good chance that this entire section is filled with snow. At other times, you may get only some patches of snow.

Take a breath, wait for your team to catch up and begin the next ascent. This is another inclined part that has two stages to it and finally ends at the ridge. The climb will take you 20-30 minutes. From the top of the ridge, you will see another parallel one, which is your next destination. Hampta Pass is a bend away from the top of the second ridge.

Before descending to the side of the second ridge, continue walking on the first ridge for a small distance to get a 360-degree view of the intriguing mountain peaks like Peak 5260 surrounding you. This is a good spot for a panoramic shot.

After descending and 15 minutes of going by the side, you begin the vertical climb which gets over in 20 minutes. You may be panting at the end of it but you are almost there at 14,000 ft, atop the Hampta Pass.

The descent is slightly trickier than the ascent. It can vary slightly depending on the snow condition too. Sliding down may be an option if there is snow. From the pass, take a turn towards the right. You can see the Lahaul side of the pass below.

Go down in a zig-zag route and then stick to the right flank of the mountain. You will have to walk over slippery soil and stones too. In half an hour the first downhill run is done.

A u-turn brings you right below the pass. From here it is a straight downhill trek on snow; you could also follow the zig-zag path down until you hit the valley below. In an hour and a half, you will be at the base of the valley. Tall snow-clad mountains surround you from three sides and the open side leads you to Shea Goru.

Shea Goru is an almost level walk from here. It should be an easy walk though some may find it tiring after the long day traversing the pass. You will find the river again, flowing to your right. Choose a nice campsite close to the river and retire happily for the day after crossing the Hampta Pass.

Day 5 Trek from Shea Goru to Chhatru

Option Drive from Chhatru to Chandratal and back Altitude: 3865 to 3287

Trek **Tents** **All Meals**

Trek from Shea Goru to Chhatru. Option: Drive from Chhatru to Chandratal and back.

Trek Duration: 4.5 hours | Trek Distance: 6 km

Difficulty: Moderate. 2-2.5 hours of walking on moraine and loose rocks on gentle inclines, followed by a descent to Chhatru across a couple of glacial flows.

The descent gets a little tricky as you move closer to the road. You will need to traverse by the edges of rocks, and sometimes it might just be easier to get down into the river/glacier bed below to skip the rocky section and get back up.

There are also a couple of places with slippery soil. So you need to be nimble and hop down them to prevent yourself from sliding.

This section would take 2½ – 3 hours when you are out of the mountains. You are still at a height, but you have the road right across and the Chandra river separating you from the road.

Two to three massive glacial flows come down from the mountains on the side of the Chandra river.

You will need to cross these streams to reach a camping spot which has water.

Choose a camping spot close to one of the numerous streams that join the river. Chhatru is a lovely camping site. You get lovely views of the different mountain ranges. The Chandra river flows at speed right below.

Day 6 Chhatru to Manali

Optional Drive from Chhatru to Chandratal and then to Manali

Trek **Stay Not Applicable** **Breakfast**

Day 6 Chhatru to Manali Optional: Drive from Chhatru to Chandratal and then to Manali.

Drive Duration: 5 hours | Drive Distance: 64 km

Optional | Drive Duration: 9-10 hours | Drive Distance: 160 km

After an early morning debriefing, bid the Spiti Valley goodbye and head back to Manali. The journey from Chhatru to Manali passes through Rohtang Pass and can take up to 5 hours. The scenery all through the route is a treat in itself.

Don't forget to ask our Trek Leaders to teach you some group games like Hand Uno and Lateral Situations to play on the way back!

If the roads are clear and devoid of snow, visiting Chandratal, the moon lake, is a must when you are in Spiti. Chhatru is about 50 km away from Chandratal. You will take a vehicle to Chandratal from Chhatru.

The journey takes about 3 hours one way, and the road is quite bumpy, so it is advised that you start well in the morning. Those who have motion sickness don't forget to take Avomine tablets.

Please note that the road to Chandratal is highly dusty and can lead to a problem if you are asthmatic.

If you have some energy to spare, walk up the hill next to Chandratal. From the top, apart from being able to identify the moon shape of the lake, you'll be able to see a second lake out in the distance surrounded by scenic peaks like the CB-13.

Since Chandratal is at an altitude of 14,026 ft, there are good chances of being hit by Acute Mountain Sickness if you're not well hydrated.

Remember, the excursion to Chandratal and back to Manali (if accessible) is optional. But we recommend visiting the lake if the weather & road conditions permit.

In late summers, the road opens up to Chhatru and beyond. If you are early or late in the season, Chandratal may be ruled out, and you may have to walk on the road to a place where the road has been cleared off its snow flows.

Please note that as a part of the Hampta Pass trek, you'll not be camping at Chandratal. After a morning visit to Chandratal, you'll be heading to Manali.

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Join our community of adventure seekers, and experience the thrill of exploring nature in a unique and sustainable way. Book your next adventure with Backpackers United and make unforgettable memories that will last a lifetime.

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