

LAHAUL VALLEY – FLOWERS & VILLAGES TREK

(Duration): 10 to 13 Days

season July to sept.

Region Lahaul valley

Max. Height: 12,250ft. It is Buddhist country, and seldom visited valley by outsiders. Architecturally the village houses are built of stone and plastered with mud, with flat roof-tops. They are very attractive and the surrounding too are a delight to the eye.

1st day: by coach/ jeep over Rohtang pass (13,400 ft)

There are superb views all around. Across the way you are you are away from the monsoon. Down the Lahaul valley to the banks of Chandra river. Early in the evening you reach Udeypure. It takes 7 hour Bu coach to Udeypure. Overnight in the camp rest house (8,500 ft).

2nd Day: Udeypure – chimart (9,500 ft)

A hot morning walk through a gorge where you can hear the boulders being pushed around by the swift currents of the Miyar River. In this dry and rocky area many usual plants grow Coridails ramose Ephedra geradiana etc. Camp at Chimart (9,500 ft) outside the village in the forest.

3rd Day: Chimart – open buff

On up the valley and then down to the river again, by early afternoon you are at camp on an open buff above the river in the Jupiter forest. Opportunity to explore flower or catch up on your diaries, sittings on the boulders by the river side.

4th Day: trek to Urgos

Walk to Urgos village where is a Gompa with Lamas and murals which have been recently repainted showing scenes from Buddha's life. Cross the river, move on to the Challing and camp on the fringe of a forest. A Charming camp site. A number of plants such as primulae macrophylla and others can be found.

5th Day: Rest day with plenty of areas to explore for more alpine flowers are herbs that grow here.

6th, 7th, 8th, Days Up the valley across a stony moraine stretch and some side streams to Khanjarar, The last village. Camp above the village on a beautiful alpine meadow, with a carpet of Edelweiss and catmint. You are here for three days which are spend walking to wide open meadow where yaks graze , and explore side valley for the ever increase alpine flowers that here. It is nor rare to see the Himalayan griffons and Lammergeyers.

9th, 10th, 11th days
back the same way using different campsites, ans opportunity to explore never side valleys & ridges.

12th Day On the **12th day** reaches Udeypure in the afternoon visit the 16th century Hindu temple. It has some of the finest wood carving in the Western Himalayas, depicting scenes of legends from the Mahabharata and Ramayana. Overnight in the rest house or camp.

13th Day Udeypure to Manali