**Bara Bhangal Trek**

**Location:** Himachal Pradesh  
**Duration:** 17 Days  
**Best Time to visit:** May to September  
**Grade:** Tough  
  
One of the most challenging treks in Himachal Pradesh, the Bara Bhangal trek stretches from an elevation of 2,050 meters to about 5,000 meters and negotiates through narrow, tricky and rocky paths which include dangerous moraines and thick glaciers. The journey takes you through different altitude levels at every hour and crosses several high altitude mountain passes. The steep and strenuous climb becomes worthy when one captures the magnificent view of peaks like Indrasan, Deo Tibba and Hanuman Tibba. Further, the evergreen valley is dotted with several alpine trees and shelters varied species of Himalayan birds and animals, lush green meadows that is crisscrossed by numerous small gushing streams. Also, the snow clad crest at the horizon that is parallel to the spotless blue sky enriches the journey and is a treat to the eyes of travellers. The Bara Bhangal Trek cuts through several hot water springs having medicinal value and further the rich alpine bed produces many medicinal plants and it simply attracts nature lovers from all over the world. The trek offers you to explore the Dhauladhar and Pir Panjal ranges also allow you to get acquainted with the quaint and remote culture of the inhabitants dwelling in these mountains.   
  
The Bara Bhangal trek, which is an alpine trek in Himachal Pradesh, originates from Lama Dugh at 3,380 meters, which is about a 4 -5 hours of drive from Manali. The trek uphill from Lama Dugh leads to Rani Sui at 4,268 meters and hence one can expect a gradual and steep climb, which turns out to be one of the most difficult parts of the journey. From Rani Sui the journey turns to Taintagiri Glacier at 4,917 meters and the tracks thence follow the tricky glaciated tracks making it slippery and dangerous. The trail continues over the Manali Pass at 5,070 meters to reach the glacier. From Taintagiri the trail leads down to Phulan Got at 4,064 meters and thereafter winds to Koari. From Koari, further trek downhill snaking through narrow ridges takes you to Bara Bhangal village at 2,582meters. Then again the journey sees a steep ascend to Balu Got at 3,917 meters and crosses the Taintu Pass. You will often encounter the local Gaddi people and small shelters. Thereafter the trek continues towards Beas Kund at 4,207 meters and thence heads down to Solang. The Bara Bhangal trekking tour from Solang ends at Manali.   
  
Being one of the longest trekking tours, which is approximately of 17 days, the Bara Bhangal trek is recommended for experienced trekkers having prior high altitude trekking experiences. The best time to hit the trekking tracks is during the months of May to September.   
  
**Itinerary:**  
  
**Day 01):** Arrive Delhi  
  
**Day 02):** Delhi – Manali  
  
**Day 03):** Manali  
  
**Day 04):** Manali – Lama Dugh (3380 mts/11087) 4 hrs   
  
**Day 05):** Lama Dugh - Rani Sui (4268 mts/14000 ft) 3 hrs   
  
**Day 06):** Rani Sui - Taintagiri Glacier(4917 mts/16128 ft) over Manali Pass (5070 mts/16630 ft) 5 hrs  
  
**Day 07):** Taintagiri Glacier - Phulan Got (4064 mts/13330 ft) 4 hrs   
  
**Day 08):** Phulan Got - Koari Got Spring (3253 mts/10670 ft) 4 hrs   
  
**Day 09):** Koari Got Spring - Bara Bhangal (2582 mts/) 5 hours   
  
**Day 10):** Rest day at Bara Bhangal  
  
**Day 11):** Bara Bhangal – Kaori Got Spring (5 hrs)   
  
**Day 12):** Kaori Got Spring - Balu Got (3917 mts/12848 ft) 4 hrs    
  
**Day 13):** Balu Got - Taintu Pass base (4 hrs)    
  
**Day 14):** Taintu Pass base - Beas Kund (4207 mts/13790 ft) 2 hrs   
  
**Day 15):** Beas Kund - Solang Nullah (4 hrs) – Manali (1 hrs)  
  
**Day 16):** Manali – Delhi  
  
**Day 17:)** Delhi