**Bhrigu Lake Trek**

**Region**- Kullu Manali-Himachal Pradesh  
**Duration:** - 3 Nights 4 Days.  
**Grade:** - Easy  
  
An ultimate trek for the amateur trekkers who seek to frame the sprawling hues of the Himalayan range and the rich ambiance once for a lifetime, the Bhrigu Lake Trek in the Himachal Himalaya is the best pick from the bucket of easy treks in Himachal Pradesh that lies in and around Manali. The Bhrigu Lake that is laid amid a picturesque landscape at an altitude of 4,300 meters has its own legend that says, Maharishi Bhrigu used to mediate near the lake. During the winters the lake freezes and takes the shape of a disc and often the trail is dubbed as the Frozen Disc Trek. Further, the journey is enriched by the influence of the traditional colours of the Himachalis reflecting from the villages tucked in the mountains. The trail passes through the popular hamlet of Vashishth that is at an elevation of 3,600 meters.  
The Bhrigu Lake trek, which is one of the shortest treks in and around Manali, commences from the popular hill station and leads to Gulaba and from there the trail continues to Kothi Thel that is at an elevation of 2,900 meters. After a steep ascend from Kothi Thel the trail winds up for an overnight camp at the vicinity of Bhrigu Lake and there again the journey commences for Vashisht Thel en route to Pandu Ropa. The downhill trek leads to Vashishth village and the journey presents the trekker a great view of the entire Kullu valley. The trail down to Manali passes through a thick forest and slowly emerges into the apple orchards and finally reaches the Vashisht hot spring then Manali.  
  
The Bhrigu Lake Trek is open all year round and it is approximately a trail of 3 – 4 days from Manali. The trail sounds like a unique pick for family holidayers also.   
  
**Itinerary:**  
  
Day 1- Manali to Gulaba then trek to Kothi Thel (2900mts.) 5hrs  
  
 Day 2- Kothi theli to Bhrigu.(4240mts) 5 hrs  
  
Day 3- Bhrigu Lake to Vashisht Thel(3600mts) 4hrs   
  
 Day 4- Vashisht Thel to Vashisht village then to Manali 4hrs