**Kareri Lake Trek**

**Area:** Dharamshala (Himachal)   
**Grade:** Moderate  
**Altitude:** 3650 mts/11972 ft  
**Season:** May– June & Sep -Oct  
**Duration:** 12 days  
  
The source of Nyund stream, the Kareri Lake at an elevation of about 3,300 meters that is located in Kangra district of Himachal Pradesh is one of the high altitude lakes in the Indian Himalayan region. The Kareri Lake is formed by the inflow of melted waters from the Mankiani Peak. Surrounded by mountains dotted with alpine trees, the Kareri Lake serves as a base for trekkers hitting the trailing tracks deep into the Dhauladhar range and beyond towards Minkiani Pass at 4,250 meters and Baleni Pass at 3,710 meters. The trek to Kareri Lake is one  of the most beautiful alpine treks in Himachal Pradesh that cut across several gushing streams and passes through lush green meadows, wild and colourful orchards and thick forest that is a home to numerous Himalayan bird and animal species. Further, the journey also encounters many shepherd villages and small hamlets inhabited by the local gaddis. One of the major attractions in its vicinity is the temple that is dedicated to   
Lord Shiva and Shakti on a hilltop overlooking the lake. Moreover, you will also come across several gaddi kothis and cattle grazing farms.   
  
The Kareri Lake trek originates from Mcleodganj and leads to Kareri village at 1,800 meters passing through a thick pine forest and several small villages. From Kareri village there is a gradual ascend to Kareri Lake, winding and snaking through narrow ridges and embarking upon a thick forest of oak. On this trail you need to cross the Kareri Nallah several times over wooden bridge, which makes the journey more adventurous. Further, from Kareri Lake the trail descends to Bagga and thereafter to Rewa. The journey then turns to Guna Devi temple that lies at an elevation of 2,120 meters. From Guna Devi Temple the trail continues its ascend towards Triund at 2,850 meters before finally wheeling to Mcleodganj.  
  
The Kareri Lake trek being one of the alpine treks in the Indian Himalayan region is recommended for experienced trekkers who have prior experience of high altitude trekking. The best time to go for the Kareri Lake Trek is during the Indian summer season.   
  
**Itinerary:**  
  
**Day 01):** Arrive Delhi  
  
**Day 02):** Delhi – Mcleodganj (2196 mts/7,200 ft)  
  
**Day 03):** Mcleodganj   
  
**Day 04):** Mcleodganj – Kareri village (2200 mts/7216 ft) 14 kms/5 hrs  
  
**Day 05):** Kareri – Kareri Lake (3500 mts/11480 ft)14 kms/ 5 -6 hrs  
  
**Day 06):** Kareri Lake – Bagga (2500 mts/8200 ft)10 kms/ 5 hrs   
  
**Day 07):** Bagga – Rewa village (2100 mts/6880 ft) 10 kms/4 hrs   
  
**Day 08):** Rewa – Galu temple (2130 mts/6987 ft) 14 km/5 hrs.   
  
**Day 09):** Galu Temple – Truind (2843 mts/9326 ft) – 7 km.   
  
**Day 10):** Truind – Mcleodganj – 10 km.   
  
**Day 11):** Mcleodganj – Delhi  
  
**Day 12):** Departure