**Satopanth Lake Trek**

**Area:** Garhwal Himalayas  
**Duration:** 7N/8 Days  
**Altitude:** 4330 mts/14203 ft  
**Grade:** Moderate to tough  
**Best time to visit:** June - Sept  
  
Located amid the hulking high snowcapped peaks at an elevation of 4,600 meters, the Satopanth Lake is one of the high altitude lakes in the Indian Himalayan region that is often dubbed as the lake of divinity. Hindus believe that Lord Brahma, Mahesh and Vishnu used to take bath in the pristine water of the lake on this auspicious day and hence the Satopanth Lake is considered as one of the sacred lakes in the Garhwal Himalayan region. Every year thousands of pilgrims undertake the journey to reach the vicinity of Satopanth Lake to take a holy dip in the water in the belief that it will wash away their sins. The trek to Satopanth Lake passes through several small streams, villages, alpine meadows and thick forest and once you step at a mighty altitude, you embark upon the dangerous glaciated tracks. The journey is as beautiful as it is adventurous. One can capture the surreal silver horizon formed by the snowcapped peaks of the legendary Nilkantha, Swargarohini flank, Balakun and Narayan Parbat. Thus the Satopanth Lake trek pulls in several backpackers, trekkers and explorers from all over the world and takes back home some of the beautiful to horrendous moments of lifetime.  
  
The journey to Satopanth Lake commences from Mana village, which is approximately 3 kilometers up from Badrinath at 3,300 meters. Badrinath is one of the Hindu pilgrimage sites popular for hosting a shrine dedicated to Lord Vishnu. The trail from Mana leads to Vasudhara via Bheem Bridge. The major attractions on this journey are the Indo-Mongolian tribe set up at Mana village and Vasudhara falls. The trek to Satopanth continues to head towards Laxmi Van en route a dense forest and thereafter the track snakes to the vicinity of Satopanth Lake. The trek downhill to Badrinath follows the same route and thereafter the trekking tour to Satopanth Lake leads to Rishikesh.

**Itinerary:**  
  
Day 1:   Delhi - Haridwar (By Train) - Rishikesh (24 kms/40 mins)   
  
Day 2: Rishikesh - Joshimath (270 kms/8-9 hrs)   
  
Day 3:   Joshimath - Badrinath (45 kms/ 2 hrs)   
  
Day 4: Badrinath - Mana - (3 kms drive/20 mins) - Vasudhara (5 kms/2 hrs)   
  
Day 5:   Vasudhara - Laxmi Van - Satopanth (7 kms/4-5 hrs)   
  
Day 6:  Laxmi Van - Vasudhara fall - Mana - Badrinath   
  
Day 7:   Badrinath - Rishikesh (265 kms/9 hrs)   
  
Day 8:  Rishikesh - Haridwar - Delhi