

# Himachal Pradesh

## HIGHLIGHTS

- o Trek in the magnificent conifer and oak forests of the **Kullu Valley** (p104)
- o Savour the panoramic views from alpine campsites high above Dharamsala witnessing the migration of the **Gaddi shepherds** (p120)
- o Cross the **Pin Parvati Pass** (p126) and marvel at the huge peaks and glaciers that characterise the Great Himalaya Divide
- o View the snow-capped peaks of the Dhaula Dhar and the Great Himalaya Range while crossing the **Kugti Pass** (p135)
- o Trek from the verdant **Parvati Valley** (p124) to the stark landscape of Spiti

The Himalayan ranges of Himachal Pradesh are ripe for trekking. Possibilities abound to explore the remoter valleys of the Dhaula Dhar and the Pir Panjal through Hindu villages before ascending oak and conifer forests to alpine meadows set beneath impressive snow-capped peaks. Appreciate the flowered meadows that burst into bloom along the watercourses. Share a camp with the Gaddi shepherds who migrate over the high passes to grazing areas on the borderlands of Himachal and Ladakh.

From Manali there is a great range of treks out of the Kullu Valley, including a short foray to the ancient community of Malana, an extended itinerary from Jagatsukh to the Hampta Valley to Lahaul or a traverse of the Himalaya to the trans-Himalayan region of Spiti. Then there are the delightful treks out of McLeod Ganj to explore the foothills of the Dhaula Dhar. By contrast, follow Hindu devotees as they ascend the pilgrim trail to Mani Mahash Kailas in the remote Ravi Valley.

The main languages of Himachal Pradesh are Hindi, Pahari and Punjabi.



## Himachal Pradesh

