

A Guide to Himachal

This 9-day circuit is a deep dive into the lesser-known corners of Lahaul — where Buddhist stupas meet Hindu shrines, and wildflower valleys stretch beneath glacial peaks. From the sacred Trilokinath temple to the remote hamlets of Miyar, this route is ideal for explorers who crave solitude, culture, and alpine beauty.

Trip Overview

Duration: 9 Days

Best Season: Mid-June to late September (*Miyar Valley accessible; roads open*)

Total Distance: ~600–700 km

Vehicle Type: SUV / High Clearance (*essential for Miyar stretch*)

Difficulty: Moderate to Challenging (*remote terrain, altitude, rough tracks*)

Permits: No permits required for Indian nationals; carry ID for border zones

Mobile Network: Jio/BSNL in Sissu, Udaipur; no signal in Miyar Valley

Fuel Planning: Pumps in Manali, Tandi, Udaipur; carry 20–30 L spare for Miyar leg

Day-by-Day Itinerary

Day 1: Manali → Atal Tunnel → Sissu

- **Distance/Time:** ~40 km | 2 hrs
 - **Highlights:**
 - Cross **Atal Tunnel** into Lahaul
 - Visit **Sissu Waterfall**, riverside promenade
 - **Adventure:** Evening walk to Sissu lake
 - **Stay:** Sissu
 - **Tip:** Acclimatize slowly — altitude gain begins here
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Day 2: Sissu → Udaipur

- **Distance/Time:** ~80 km | 3–4 hrs
- **Highlights:**
 - Drive along the Chenab River
 - Visit **Mrikula Devi Temple** — wood-carved sanctum
- **Adventure:** Explore Udaipur market and riverside

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- **Stay:** Udaipur
 - **Tip:** Try local rajma and red rice
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Day 3: Udaipur → Trilokinath → Return

- **Distance/Time:** ~40 km round trip | 2–3 hrs
 - **Highlights:**
 - Visit **Trilokinath Temple** — sacred to both Hindus and Buddhists
 - Panoramic views of Lahaul ridges
 - **Adventure:** Temple walk and cultural immersion
 - **Stay:** Udaipur
 - **Tip:** Modest attire required; photography restricted inside sanctum
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Day 4: Udaipur → Miyar Valley → Khanjar

- **Distance/Time:** ~60 km | 4–5 hrs
 - **Highlights:**
 - Enter **Miyar Valley** — wildflower meadows, glacial streams
 - Reach **Khanjar** — last motorable village
 - **Adventure:** Short walk to **Miyar River banks**
 - **Stay:** Khanjar homestay or camp
 - **Tip:** Carry all essentials — no shops beyond Udaipur
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Day 5: Khanjar → Shukto → Miyar Glacier trailhead

- **Distance/Time:** ~10–15 km round trip | 4–5 hrs
- **Highlights:**
 - Trek or drive to **Shukto** — gateway to Miyar Glacier
 - Explore alpine meadows and Buddhist chortens
- **Adventure:** Day hike toward **Kang La trailhead** (*optional*)
- **Stay:** Khanjar

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- **Tip:** Respect local customs; avoid loud noise or littering
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Day 6: Khanjar → Udaipur

- **Distance/Time:** ~60 km | 3–4 hrs
 - **Highlights:**
 - Return through Miyar Valley
 - Stop at **Sumdo** and **Tingret** villages
 - **Adventure:** Photography stops and cultural interactions
 - **Stay:** Udaipur
 - **Tip:** Refill supplies and fuel for return leg
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Day 7: Udaipur → Tandi → Keylong

- **Distance/Time:** ~80 km | 3–4 hrs
 - **Highlights:**
 - Drive to **Tandi** — confluence of Chandra and Bhaga rivers
 - Visit **Keylong Monastery** (*optional*)
 - **Adventure:** Sunset walk above Keylong ridge
 - **Stay:** Keylong
 - **Tip:** Fuel up at Tandi — last reliable pump before Manali
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Day 8: Keylong → Sissu → Manali

- **Distance/Time:** ~80 km | 3–4 hrs
- **Highlights:**
 - Scenic descent through Lahaul
 - Cross Atal Tunnel back to Manali
- **Adventure:** Café hop in Old Manali
- **Stay:** Manali
- **Tip:** Rest and hydrate — altitude drop can cause fatigue

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Day 9: Manali → Buffer / Return

- **Options:**
 - Rest day, shopping, or buffer for weather delays
 - **Finish:** Manali (*trip end*)
 - **Tip:** Visit **Hadimba Temple** or **Jogini Falls** (*optional*)
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Essentials to Carry

- **Documents:** DL, RC, insurance, ID proofs
 - **Clothing:** Layered warm gear, gloves, rain jacket
 - **Footwear:** Waterproof trekking shoes
 - **Health:** Diamox (if advised), ORS, portable oxygen, basic meds
 - **Gear:** Tyre inflator, puncture kit, tow strap, jerrycans (20–30 L), headlamps, power banks
 - **Navigation:** Offline maps, paper backup of routes
 - **Misc:** Sunglasses, SPF 50+, lip balm, snacks, thermos
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Permits, Fuel & Checkpoints

- **Permits:**
 - No permits required for Indian nationals
 - Carry ID for border zones and temple visits
- **Fuel:**
 - Reliable pumps: Manali, Tandi, Udaipur
 - Carry 20–30 L spare for Miyar leg
- **Checkpoints:**
 - Police checks near Udaipur and Trilokinath
- **Timing Tips:**
 - Start early for Miyar Valley days

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- Avoid driving after dark in remote stretches

Insider Tips

- **Best season:** July–September for wildflowers; June for snow walls
- **Photography:** Miyar meadows, Trilokinath temple, Tandi confluence
- **Local eats:** Try red rice, rajma, and local chutneys in Udaipur
- **Eco-ethic:** No littering; respect tribal customs and temple zones
- **Road caution:** Miyar stretch is narrow and remote — drive slow and steady

Route Map Overview (Text)

Manali → Atal Tunnel → Sissu → Udaipur → Trilokinath → Miyar Valley → Khanjar → Shukto → Udaipur → Tandi → Keylong → Sissu → Manali