

Shrikhand Mahadev Trek: A Pilgrimage to the Abode of Lord Shiva

Overview

The Shrikhand Mahadev Trek is a sacred high-altitude pilgrimage in the Kullu district of Himachal Pradesh, culminating at a natural Shivlingam summit at 5,227 m (17,150 ft). Revered as one of Lord Shiva's holiest abodes, this strenuous 32 km one-way trail weaves through dense deodar forests, alpine meadows, and glaciated passes, offering panoramic views of the Kullu, Kinnaur, and Satluj ranges indiahikes.comehimachal.org.

Key Facts

Attribute	Detail
Region	Kullu District, Himachal Pradesh
Total Distance	32 km one-way (approx. 64 km round-trip)
Duration	9 Days / 8 Nights (5–7 days trekking + arrival/departure)
Altitude	Summit at 5,227 m (17,150 ft)
Difficulty	8/10 – Very Difficult (steep ascents, glacier crossings)
Best Season	Mid-July to Mid-September
Starting Point	Jaon Village (1,900 m)
Highlights	Bhim Bahi boulders, Nain Sarovar, Kali Ghati, natural Shivlingam at the top

Detailed Itinerary (from Attached Sheet)

Day	Route
Day 1	Drive Manali → Jaon (1,900 m), trek to Sidh (3,100 m), camp by Bhim Bahi boulders

- Day 2 Sidh → Parvati Bagh (3,750 m)
- Day 3 Parvati Bagh → Thachru (3,200 m)
- Day 4 Thachru → Kali Ghati Pass (4,000 m)
- Day 5 Kali Ghati → Bheem Dwar (4,500 m), camp near meadows
- Day 6 Summit Day: Bheem Dwar → Nain Sarovar Lake (5,300 m) → Shrikhand Mahadev Shivlingam (5,227 m)
- Day 7 Descent: Shivalingam → Bheem Dwar
- Day 8 Bheem Dwar → Thachru → Parvati Bagh
- Day 9 Parvati Bagh → Jaon, drive back to Manali

- **Difficulty:** 8 / 10 nomadtrekkers.in
- **Inclusions:** All trek meals; camp & homestay accommodation; guide, porters & cooking staff
- **Exclusions:** Personal gear & insurance; pre-/post-trek hotel stays; transport to Manali

(Exact inclusions/exclusions as per package sheet.)

Cultural & Spiritual Highlights

- **Bhim Bahi Boulders:** Mythic “stairway to heaven” carvings attributed to Bhima from the Mahabharata
- **Nain Sarovar:** High-altitude sacred lake where pilgrims bathe before summit
euttaranchal.com

- **Shivlingam Summit:** Natural snow-formed lingam revered by devotees, standing at 75 ft tall euttaranchal.com

Permits & Safety

- **Permits:** Arranged by operator (local forest & village clearances) hptdc.in
- **Acclimatization:** Built-in rest days; guides monitor symptoms of AMS and enforce a gradual ascent
- **Environment:** Strict “Leave No Trace” policy—carry back all plastic and food waste to protect fragile alpine ecology

Essential Gear & Preparation

- **Clothing:** Thermal base layers, insulated down jacket, waterproof shell
- **Footwear:** Sturdy, waterproof trekking boots with gaiters; trekking poles
- **Camping Kit:** 20–30 L daypack, sleeping bag rated to -10°C , rain cover
- **Accessories:** Sunglasses (UV protection), sunscreen SPF 50+, headlamp & spare batteries, power bank
- **Medical Kit:** Personal first-aid; altitude sickness medication (Diamox); blister care
- **Fitness:** Strong cardiovascular endurance; prior high-altitude trekking experience above 3,500 m recommended shikhar.com

Frequently Asked Questions

1. **Who should attempt this trek?**
Experienced trekkers with prior exposure to altitudes above 3,500 m and good cardiovascular fitness nomadtrekkers.in.
2. **When is the ideal trekking window?**
Mid-July to Mid-September—post-monsoon trails, clear skies, vibrant alpine flora.

3. **What meals are served?**

Nutritious vegetarian & non-vegetarian Himachali dishes; energy-dense snacks during long days.

4. **Is group size limited?**

Yes—typically 5–20 participants per departure to minimize environmental impact.

5. **How to reach the trailhead?**

Drive from Shimla or Kullu to Jaon Village via Nirmand (approx. 170 km from Shimla; 2.5 h from Kullu) nomadsofindia.com.