

Travel Itinerary

Destination: Manali

Interests: trek ,culture, food,adventure

Start Date: 2025-07-14

Duration: 3 days

Estimated Budget/Day: ₹10000.00

Manali 3-Day Itinerary (July 14-16, 2025) - Trek, Culture, Food & Adventure (₹1000/day Budget)

This itinerary balances adventure, cultural experiences, and delicious food while sticking to a ₹1000/day budget. It focuses on maximizing value and utilizes local transport where possible.

Day 1 (July 14, 2025) - Arrival & Old Manali Exploration

* **Morning (Budget: ₹300):** Arrive at Manali Bus Stand. Take a local bus or shared taxi to Old Manali (₹30-50). Check into a pre-booked budget guesthouse/hostel in Old Manali (₹300-500/night, aim for the lower end). Freshen up and leave your luggage.

* **Afternoon (Budget: ₹250):** Explore the charming streets of Old Manali. Visit the Manu Temple, a significant Hindu shrine. Cross the iconic bridge over the Manalsu River. Enjoy lunch at a local cafe – try a plate of momos or thukpa (₹100-150).

* **Evening (Budget: ₹450):** Hike up to the Hidimba Devi Temple, nestled in a cedar forest (free entry). Enjoy the peaceful atmosphere and panoramic views. Indulge in street food like aaloo tikki or a hot cup of chai (₹50-100). Enjoy dinner at a budget-friendly restaurant in Old Manali (₹300-400). Explore the vibrant cafes and shops in the evening.

Day 2 (July 15, 2025) - Beas Kund Trek & Riverside Camping (Budget: ₹900)

* **Morning (Budget: ₹200):** Start early for the Beas Kund Trek (a moderate one-day trek). Hire a shared taxi or take a local bus to Dhundi, the starting point (₹100-150). Pack a basic lunch (sandwiches, fruits, water) from a local shop (₹50-100).

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* **Daytime (Budget: ₹200):** Trek to Beas Kund, the origin of the Beas River. Enjoy breathtaking views of the surrounding mountains and glaciers. The trek is around 6-8 hours round trip. (No entry fee for the trek itself).

* **Evening (Budget: ₹500):** If the weather permits and you're comfortable with it, consider camping near the river in Dhundi or a designated camping area (permissions might be required; inquire locally). Camping equipment can be rented in Manali if you haven't brought your own (rental cost factored into budget). Alternatively, return to Old Manali by evening bus/shared taxi (₹100-150) and enjoy dinner at a local restaurant (₹200-300).

****Day 3 (July 16, 2025) - Solang Valley Adventure & Departure (Budget: ₹900)****

* **Morning (Budget: ₹400):** Take a local bus or shared taxi to Solang Valley (₹50-80). Enjoy adventure activities like paragliding (₹2000-₹3000, consider skipping if strictly adhering to budget), zorbing (₹300-₹500), or a short ropeway ride (₹500-₹700). Choose one activity based on your preference and budget. Enjoy the scenic beauty of the valley. Have a simple breakfast at a stall near Solang (₹50-100).

* **Afternoon (Budget: ₹300):** Have lunch at a dhaba in Solang Valley (₹150-200). Visit the Anjani Mahadev Temple near Solang. Explore the local shops for souvenirs (optional). Return to Manali town by bus/shared taxi (₹50-80).

* **Evening (Budget: ₹200):** Explore the Mall Road in Manali town. Enjoy a final Manali dinner at a local restaurant (₹150-200). Depart from Manali Bus Stand.

****Important Notes:****

* **Accommodation:** Pre-booking budget guesthouses or hostels in Old Manali is highly recommended, especially during peak season. Dorm beds can further reduce costs.

* **Food:** Local dhabas and street food stalls offer delicious and budget-friendly meals.

* **Transport:** Utilize local buses and shared taxis to minimize transportation costs.

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- * **Trekking:** Pack essentials like water, snacks, comfortable shoes, and a light jacket for the Beas Kund trek. Check weather conditions beforehand.
- * **Permits:** Enquire about any necessary permits for camping near Beas Kund.
- * **Bargaining:** Negotiate prices for souvenirs and adventure activities.
- * **Flexibility:** This itinerary is a suggestion and can be adjusted based on your preferences and time constraints.
- * **Safety:** Prioritize safety during treks and adventure activities. Be mindful of your surroundings.

This itinerary prioritizes experiences while respecting the budget. Some adjustments might be needed based on your specific interests and the actual costs in 2025. Have a fantastic trip to Manali!