

## ■ TRIP OVERVIEW

- Destination: Manali, Himachal Pradesh, India
- Duration: 7 days
- Highlights: Explore local food, attractions, and adventure activities in Manali

## ■■ WEATHER & CLIMATE

- Current weather: Pleasant with temperatures ranging from 10°C to 20°C
- Forecasted weather: Mild winters with occasional rain
- Packing advice:
  - Comfortable clothing for outdoor activities
  - Warm clothing for evenings
  - Raincoat or poncho
  - Good walking shoes
  - Sunscreen and sunglasses

## ■■ DETAILED DAILY ITINERARY

### Day 1: Arrival in Manali

- Morning: Arrive in Manali and check-in to a hotel within your budget (Rs 1000 per night)
- Afternoon: Visit the Hadimba Temple, a beautiful temple dedicated to Goddess Hadimba
- Evening: Explore the local market, Mall Road, and enjoy some street food like chaat, momos, and thukpa

### Day 2: Manali Local Sightseeing

- Morning: Visit the Vashisht Baths, a natural hot spring, and the nearby temple
- Afternoon: Take a stroll along the Beas River and visit the Manali Gumpa, a beautiful Buddhist monastery
- Evening: Enjoy some local cuisine like dhaam, a traditional Himachali meal

### Day 3: Solang Valley and Adventure Activities

- Morning: Drive to Solang Valley, a beautiful valley surrounded by mountains
- Afternoon: Enjoy adventure activities like paragliding, zorbing, or horse riding
- Evening: Return to Manali and enjoy some local cuisine like siddu, a local bread

### Day 4: Rohtang Pass (Subject to Weather Conditions)

- Morning: Drive to Rohtang Pass, a high-altitude pass with breathtaking views
- Afternoon: Enjoy the scenic views and take part in snow activities like skiing or snowboarding (if the pass is open)
- Evening: Return to Manali and enjoy some hot chocolate and snacks

### Day 5: Naggar Castle and Jana Falls

- Morning: Drive to Naggar Castle, a beautiful castle with stunning views of the valley
- Afternoon: Visit the Jana Falls, a beautiful waterfall surrounded by lush green forests
- Evening: Enjoy some traditional Himachali cuisine like siddu, a local bread

**Day 6: Manikaran and Kasol**

- Morning: Drive to Manikaran, a sacred place for Sikhs, and visit the Gurudwara Shri Manikaran Sahib
- Afternoon: Visit Kasol, a beautiful valley surrounded by rivers and mountains
- Evening: Return to Manali and enjoy some local snacks

**Day 7: Departure from Manali**

- Morning: Check-out from the hotel and depart from Manali

**■ ACCOMMODATION**

- Budget: Rs 1000 per night for 7 nights = Rs 7000
- Mid-range: Rs 2000-3000 per night for 7 nights = Rs 14,000-21,000
- Luxury: Rs 5000-7000 per night for 7 nights = Rs 35,000-49,000

**■ TOP ATTRACTIONS & ACTIVITIES**

- Hadimba Temple
- Vashisht Baths
- Manali Gompa
- Solang Valley
- Rohtang Pass
- Naggar Castle
- Jana Falls
- Manikaran
- Kasol\*\*

**■■ DINING RECOMMENDATIONS**

- Local cuisine: Dhaam, Siddu, Momos, Thukpa
- Street food: Chaat, Momos, Thukpa
- Restaurant suggestions:
  - The Himalayan Restaurant
  - The Corner House
  - The Lazy Dog

**■ TRANSPORTATION GUIDE**

- By air: Nearest airport is Kullu-Manali Airport (KUU)
- By bus: Regular bus services from Delhi, Chandigarh, and Shimla
- Local transport: Taxis, autos, and buses available for local sightseeing

**■ COMPREHENSIVE BUDGET BREAKDOWN**

- Hotel: Rs 7000 (Rs 1000 per night for 7 nights)

- Food: Rs 2800-4200 (Rs 400-600 per day for 7 days)
- Transportation: Rs 1000-1500 (Rs 1000-1500 for 7 days)
- Activities: Rs 500-1000 per person for adventure activities like paragliding, zorbing, etc.
- Total: Rs 14,300 - Rs 19,700

## ■ TRAVEL TIPS & ESSENTIALS

- Local customs: Respect local customs and traditions
- Safety tips: Be cautious of your belongings and avoid traveling alone at night
- Language basics: Hindi, English, and local dialects like Pahadi and Punjabi
- Currency: Indian Rupee (INR)
- Currency conversion: 1 USD = approximately 70 INR

Note: The budget is an approximate and may vary depending on the season, accommodation, and activities.