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December 5, 2020

THE ULTIMATE 7 DAY MANALI TRAVEL ITINERARY



(X)



Reading Time: 9 minutes

BEST OF MANALI IN ONE WEEK

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While **MANALI** was always famous for being the base point for some of the [Best Treks in the Himalayas](#) (<https://highonhimalayas.com/category/treks/>), such as the **Hampta Pass Trek, Beas Kund Trek, Bhrigu Lake Trek** among others and the starting point for the famous [Manali - Leh Road Trip](#) (<https://theetlrblog.com/7-day-trip-to-leh-ladakh-itinerary/>) ; with the inauguration of **Atal Tunnel**, which has reduced the travel time by over 3-4 hours, and has now become the **gateway to the Lahul Valley**, Manali in general has once again become an attractive destinations for travellers, backpackers and road trippers from all over India. Not only that, Manali has also become a hub for Digital Nomads and is one of the best places to [Work from Mountains](#). (<https://theetlrblog.com/work-from-mountains-checklist/>)

This **7 Day Manali Travel Itinerary** is NOT the conventional **Manali Circuit** that the tour companies offer, but rather a mix of all the best experiences that Manali has to offer, including – **Cafe Hopping in Old Manali | Trekking and Camping in the Himalayas | Road Tripping in the Himalayas** and exploring quaint offbeat hamlets around Manali.

Also included in this **Manali Travel Itinerary** are accommodation recommendations, if you are wondering **Where to Stay in Manali !**

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Tips and Recommendations

[7 Day Trip to Manali – Brief Itinerary](#)

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THE 7 DAY MANALI TRAVEL ITINERARY

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Reach Old Manali, check in to your Hotel or a Hostel or a Homestay, and If you are wondering **where to stay in Old Manali**, here are some of our recommendations :

Hostel : [Alt Life Manali](https://www.booking.com/hotel/in/alt-life-manali.en.html?aid=1465441&no_rooms=1&group_adults=2) | [Zostel Manali](https://www.booking.com/hotel/in/zostel-manali.en.html?aid=1465441&no_rooms=1&group_adults=2) | [The Hosteller Manali](https://www.booking.com/hotel/in/the-hosteller-manali-manali1.en.html?aid=1465441&no_rooms=1&group_adults=2) | [YOLO Backpackers - Manali](https://www.booking.com/hotel/in/yolobackpackers-hostel.en.html?aid=1465441&no_rooms=1&group_adults=2)

Homestay : [Orchard's House - The Hidden Tribe](https://www.booking.com/hotel/in/orchards-house.en.html?aid=1465441&no_rooms=1&group_adults=2) | [The Professor's Hut](https://www.booking.com/hotel/in/the-professors-hut.en.html?aid=1465441&no_rooms=1&group_adults=2) | [Drifter's Inn](https://www.booking.com/hotel/in/drifters-inn-amp-cafe.en.html?aid=1465441&no_rooms=1&group_adults=2)

Hotel : [Apple Country Resorts](https://www.booking.com/hotel/in/apple-country-resorts.en.html?aid=1465441&no_rooms=1&group_adults=2) | [The Orchard Greens Resort and Spa](https://www.booking.com/hotel/in/the-orchard-greens-resort-and-spa.en.html?aid=1465441&no_rooms=1&group_adults=2)

Once you have settled in, just take a walk around the area, and acquaint yourselves with the surroundings.

You might as well, take an auto or walk till the Mall road, and indulge in some shopping.

Also, if you are wondering **how to Reach Manali?** - The best and the **most cost effective way to reach Manali is by getting on an overnight AC Volvo** from Delhi or Chandigarh. Alternatively, you can just drive on your own, or if you are coming in a group, a private cab can also be an economical option.

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Old Manali has a charm of its own, and that is something that can be experienced only by staying there, and wandering on the streets.

The best way is to start the day with a relaxed **breakfast at Rocky's Cafe**. For this you'll have to go all the way till Manu Temple.

After having a nice hearty breakfast, you can either choose to make Rocky's Cafe your Workstation With a View, or can slowly start descending, taking your time, and checking out anything that catches your eye.

View from Rocky's Cafe

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Dining With a View

Your next step can be **Renaissance** for some delicious Pizzas or the **Drifter's Cafe** for some Pizzas, Burgers or Pasta.

If getting a tattoo fancies you, you can get in touch with **Veronica** via her Instagram account where she goes by the name of [Veronicas Ink](https://www.instagram.com/veronicas_ink/) (https://www.instagram.com/veronicas_ink/)

If you are looking to buy some funky jewellery, or some Pahaadi style clothes, keep an eye out on the multiple shops selling such stuff in Old Manali.

As you further descend down, you will reach **Evergreen Bakery**. Stop here, and do try out some of the yummy sweets they sell. You might like to try out the Chocolate



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River Manalsu flowing through Old Manali – The Quintessential Manali setting

You can even cross the river, and enjoy a stroll to Hadimba Temple.

While you are near Hadimba Temple, you might also want to check out **Southern Souls**, if you are craving some delicious South Indian food.

You can call it a day, whenever you feel tired, or when it starts to get dark.

DAY 3 – ROAD TRIP TO ATAL TUNNEL AND BEYOND

Day 3 of this One Week Trip to Manali is reserved for a **Road Trip to Lahul Valley via Atal Tunnel**. Atal Tunnel aka Rohtang Tunnel, built under the Rohtang Pass, that took around 10 years to be fully operational, has become the most famous attraction for everyone who is visiting Manali.



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At a length of 9.02 kms, **Atal Tunnel** is the longest tunnel above 10,000 feet, and cuts the travel time between **Manali and Leh** (<https://theetlrblog.com/7-day-trip-to-leh-ladakh-itinerary/>) by around 3-4 hours. You enter the tunnel in Manali and end up in the Lahul Valley. And the very fact that you can travel from **Manali to Sissu** in 15-20 minutes via the Atal Tunnel is what has turned Atal Tunnel into the most talked about attraction in and around Manali.

Under ideal conditions, one can go all the way till **Baralacha La Pass** and come back to Manali on the same day, however if you take your time, there are plenty of nooks and corners enroute Darcha, where you can spend time just enjoying the moment and the scenery.

One can always take a cab, however to truly experience the thrill of riding through the Atal Tunnel and immersing yourself in the surroundings, go on a bike / scooty.

PS - There are plenty of places from where you can rent a 2 wheeler in Manali.

DAY 4 AND 5 – GO ON A TREK – BHRIGU LAKE

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Deemed to be the **prettiest grassland trek in Himachal**, the **Bhrigu Lake Trek** is something that should definitely be on your radar, which is why I have added the Bhrigu Lake Trek in this 7 Day Manali Travel Itinerary.



While the **best time to do the trek is definitely between May and September**, when it's all green and the clouds are at your level, one can trek up to Bhrigu Lake practically any time of the year, subject to the weather conditions.

Please note that the temperature during summers hovers around 20-25 C in the daytime and falls to 5-7 C at night. In winter the temperature gets lower with 10-15 C around daytime and nearly 0 to -7 C at night. Almost half a year the lake remains frozen, and one can enjoy the sight of snow even during the early summer time.

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Bhrigu Lake Trek is a Easy – Moderate level trek, and can be easily done in 2 days  **provided it hasn't snowed yet**, as snow makes the trail more tricky and you need to be cautious and you ultimately end up taking more time

On Day 1 you trek for roughly 4-5 hours covering a distance of **6 kms** from the starting point at **Gulaba** at an altitude of **9000 feet** until the campsite at **Rola Kholi**, which is at an altitude of **12,500 feet**.



Rola Kholi Campsite

On Day 2 you start early in the morning and start the **4-5 kms trek uphill to reach Bhrigu Lake** from Rola Kholi. Ideally it should take you around 3-4 hours to reach Bhrigu Lake, which is at an altitude of **14,000 feet**, while taking intermediate breaks enroute to snack on and to enjoy the mesmerising views of the mighty Himalayan Peaks including Deo Tibba and Hanuman Tibba.

A 30 – 45 minute stoppage at Bhrigu Lake should be more than enough for you to take it all in !

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On the way down, it shouldn't take you more than 2 hours to reach back to the campsite Rola Kholi, where you have your brunch / lunch.

If you happen to go with any trek company, chances are that you'll stay back at the campsite for the night, but we recommend you to start heading back to Gulaba by 2 - 3 PM max.

Yes, you will be stretching it out on Day 2 and will be walking for almost 16 kms, but trust me, it's better than staying an extra night in the tents, and walking down on the 3rd day.

Alternatively, you can also check out the Lama Dugh Trek, if Bhriku Lake Trek is not feasible.

DAY 6 - HEAD TO HALLAN VILLAGE | DISCONNECT WITH THE WORLD

A 45 minute - 1 hour drive from Old Manali is **Hallan Village** - A quaint hamlet in the lap of Himalayas, away from the chaos of Manali. And in this quaint hamlet, you will find a couple of rustic home-stays and hostels, with unparalleled views of the wish. This website uses cookies to improve your experience. We'll assume you're ok with this, but you can opt-out if you wish. [Accept](#) [Read More \(\)](#)

majestic Himalayas, that can be your new Workstation with a view (<https://highonhimalayas.com/work-from-home-himalayas-homestays/>).

If you are lucky and there are clouds in the sky, you will fall in love with the setting, as the skies in front of you will be a canvas dotted with clouds, and numerous colours during sunrise and sunset.

Hallan - 1



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Sunsets in Hallan – 1

The best thing about spending the day in Hallan – 1, is that there are no distractions, and you don't have to go anywhere looking for food, meaning you can be at peace, and have your creative juices flowing.

Being away from the hustle bustle of city life and the crowd that Manali attracts,

DAY 7 - DEPARTURE FROM MANALI

As it's the last day of this **7 Day Manali Travel Itinerary**, you can either wake up early and catch one last sunrise in paradise or can take it slow and wake up whenever you do without having to worry about the alarm.

Take in the last few moments of the bliss, soak it all in, and post lunch head back to the bus stop and take the bus to Chandigarh / Delhi.

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(https://www.instagram.com/reel/CH2pgiOhg7d/?utm_source=ig_embed&utm_campaign=loading)

A post shared by Arnav Mathur | Travel Blogger (@theetlrblog) (<https://www.instagram.com/reel/C...>

TIPS AND RECOMMENDATIONS

#1 If you don't want to do a long trek such as Bhrigu Lake Trek or Lama Dugh, you can opt for shorter hikes around Manali. And the ones that I'll recommend are a hike up to **Jogni Waterfalls**, and a hike to **Manali Wildlife Sanctuary**, which is one of Manali's Hidden Wonders.

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#2 If you are a solo traveller, I highly recommend you to check into one of the hostels in Old Manali such as [The Hosteller Manali](https://www.booking.com/hotel/in/the-hosteller-manali-manali1.en.html?aid=1465441&no_rooms=1&group_adults=2) (https://www.booking.com/hotel/in/the-hosteller-manali-manali1.en.html?aid=1465441&no_rooms=1&group_adults=2) | [YOLO Backpackers - Manali](https://www.booking.com/hotel/in/yolobackpackers-hostel.en.html?aid=1465441&no_rooms=1&group_adults=2) (https://www.booking.com/hotel/in/yolobackpackers-hostel.en.html?aid=1465441&no_rooms=1&group_adults=2) | [Alt Life Manali](https://www.booking.com/hotel/in/alt-life-manali.en.html?aid=1465441&no_rooms=1&group_adults=2) (https://www.booking.com/hotel/in/alt-life-manali.en.html?aid=1465441&no_rooms=1&group_adults=2) | [Zostel Manali](https://www.booking.com/hotel/in/zostel-manali.en.html?aid=1465441&no_rooms=1&group_adults=2) (https://www.booking.com/hotel/in/zostel-manali.en.html?aid=1465441&no_rooms=1&group_adults=2) , so that you can interact and meet fellow travellers and plan for the activities listed in this 7 Day Manali Travel Itinerary, together. It'll end up being more economical.

#3 If time permits, and you can extend your stay, you might also want to check out some of these **Boutique Home-stays in and around Manali** such [Zostel Homes Shuru](https://www.booking.com/hotel/in/zostelx-shuru-manali.en.html?aid=1465441&no_rooms=1&group_adults=2) (https://www.booking.com/hotel/in/zostelx-shuru-manali.en.html?aid=1465441&no_rooms=1&group_adults=2) | [Mid Orchard Cottage](https://www.booking.com/hotel/in/mid-orchard-cottage.en.html?aid=1465441&no_rooms=1&group_adults=2) (https://www.booking.com/hotel/in/mid-orchard-cottage.en.html?aid=1465441&no_rooms=1&group_adults=2) | [Zostel Homes Rumsu](https://www.booking.com/hotel/in/zostelx-rumsu.en.html?aid=1465441&no_rooms=1&group_adults=2) (https://www.booking.com/hotel/in/zostelx-rumsu.en.html?aid=1465441&no_rooms=1&group_adults=2) from where you can [Work from Mountains](https://highonhimalayas.com/work-from-home-himalayas-homestays/) (<https://highonhimalayas.com/work-from-home-himalayas-homestays/>) as well.

Day 2 – Experience the charm of Old Manali

Day 3 – Road Trip to Atal Tunnel and beyond

Day 4 and 5 – Go on a Trek – Bhrigu Lake / Lama Dugh

Day 6 – Head to Hallan – 1 Village | Disconnect with the World

Day 7 – Departure from Manali

I hope you enjoyed going through this **7 Day Manali Travel Itinerary**, and found it as a useful **Travel Resource** for your **One Week Trip to Manali**. Don't forget to Pin this **Manali Travel Guide**, for your future trip.

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- [The Dharamkot Travel Guide](#) (<https://theetlrblog.com/dharamkot-itinerary-the-bunker-hostel/>)
- [One Week in Kerala – God's Own Country](#) (<https://theetlrblog.com/7-day-kerala-road-trip-itinerary/>)
- [Sikkim Travel Guide + 7 Day Travel Itinerary](#) (<https://highonhimalayas.com/sikkim-travel-guide/>)
- [7 Day + 10 Day North Sikkim Road Trip Itinerary](#) (<https://highonhimalayas.com/north-sikkim-travel-guide/>)
- [The 7 Day Myanmar Road Trip Itinerary](#) (<https://theetlrblog.com/7-day-trip-to-myanmar-golden-kite-itinerary/>)
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Hi, I am **Arnav Mathur**, a hard core foodie and a travel aficionado at heart. Having changed over 8 schools in 6 different cities, every 2 years, since birth, traveling and socializing has been in my DNA. **“Follow your Passion and Travel to a new place every 3-4 months and Eat, Travel, Live and REPEAT.”** That’s my mantra to live a life without regrets.

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13 THOUGHTS ON “THE ULTIMATE 7 DAY MANALI TRAVEL ITINERARY”

MEDHA VERMA
[HTTP://HOPPINGFEET.COM](http://HOPPINGFEET.COM)

December 17, 2020 at
9:34 am
[\(https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5208\)](https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5208)

I've only been to Manali as a child and I really do not remember it being so gorgeous! I love how your itinerary is not the cliche, common one that travel companies offer. Bhagirathi Lake seems to stand out for me and would be the obvious choice to include in my itinerary. I'd love to spend time exploring Old Manali as well. Trekking and camping are two favourite activities, so those are definitely going in my list of things to do in Manali.

Medha Verma recently posted...Best camping spots in the UAE Part 1 | Jebel Jais
[\(https://hoppingfeet.com/camping-spots-in-the-uae-jebel-jais/\)](https://hoppingfeet.com/camping-spots-in-the-uae-jebel-jais/)

→ Reply

MAYURI PATEL
[HTTPS://FERNWEHR-AHEE.COM](https://FERNWEHR-AHEE.COM)

December 15, 2020 at
9:40 pm
<https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-517>

Manali is a beautiful place and it was my first ever trip to North India back 8 years. I can't believe it's so long I haven't visited Himachal. I did touristy things but didn't know it has so many things to do. This looks ideal itinerary to spend the best time in the mountains. Bookmarking this guide for the next travel as you have covered helpful tips and recommendations, places to eat and stay.

→ Reply

KRISTA
[HTTPS://WWW.KRISTATHEEXPLORER.COM](https://WWW.KRISTATHEEXPLORER.COM)

December 15, 2020 at
5:05 pm
[\(https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5167\)](https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5167)

I haven't heard of Manali before, but it looks like a beautiful place to explore and go hiking through. I love the view you get from your first dining experience, and the dumplings and pizza looks really tasty. Your guide is really well organized which makes a trip here so much more easier!

→ Reply

RENATA GREEN
[HTTPS://WWW.BYE-MYSELF.COM](https://WWW.BYE-MYSELF.COM)

December 15, 2020 at
1:41 am
[\(https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5167\)](https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5167)

It's amazing – all these pictures could be from totally different regions of the world, yet still, they are so close to each other. I would love to hike these majestic mountains – and in the evening, I'd enjoy these dishes I see on your pix. 😊

wish. Accept [Read More \(https://theetlrblog.com/privacy-policy/\)](https://theetlrblog.com/privacy-policy/)
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-day-manali-travel-itinerary/#comment-5158)

SANDY N VYJAY
([HTTPS://IMVOYAGER.COM/](https://imvoyager.com/))

December 12, 2020 at
7:40 pm
(<https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5139>)

The beauty of Manali tugged at the heartstrings while reading this post and brought back memories of our own Manali trips. You have rolled the best of Manali experiences in this 7-day itinerary. The Bhrigu Lake trek is one experience that we have missed and would love to experience at the first opportunity. Hope we get back to Manali soon.

Sandy N Vyjay recently posted...Our Experience At Club Mahindra Puducherry | Pondicherry
(<https://imvoyager.com/club-mahindra-puducherry-pondicherry/>)

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AMI BHAT
([HTTPS://WWW.THRILLINGTRAVEL.IN/](https://www.thrillingtravel.in/))

December 12, 2020 at
10:10 am
(<https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5135>)

I have been following your Manali and work from mountain trail for sometime now and I am so jealous. Even more so after reading this post of seven days. Of these, the one thing that I really want to do is drive through Atal tunnel. Have heard so much about it . Maybe this summer! (Fingers crossed)

Ami Bhat recently posted...Birds, Bugs & Beasts at Galibore Nature Camp
(<https://thrillingtravel.in/galibore-nature-camp-bengaluru.html>)

→ Reply

SCOMYA GAYATRI

Manali is such a beautiful place to be one of the best in the mountains. And I am glad to see that you



(<https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5132>)

Soumya Gayatri recently posted...Lisbon To Belem: How To Plan Your Day Trip
(<https://www.storiesbysoumya.com/lisbon-belem-one-day-itinerary/>)

→ Reply

UMIKO

December 11, 2020 at
9:47 pm
(<https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5131>)

I vaguely heard about Manali, but I now learned a lot from your post. I like your itinerary as you give time for visitors to adjust to the altitude before they do the hike. Bhrigu Lake looks pretty, and I'm sure it looks magical in person. And I think pizza at Renaissance tasted better with a view like that.

→ Reply

UMMI NADRAH
([HTTPS://UMMIGOESWHERE.COM](https://ummi-goes-where.com/))

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December 11, 2020 at
3:40 pm

Hey, Arnav! Thanks for this very comprehensive guide to Manali. I've only heard about it a few times before but didn't know much about the place. Good to know about the new tunnel and also the hostel option for solo backpackers. I'm going to try to include this on my itinerary for my next visit to India.
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(<https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5130>)

Ummi Nadrah recently posted...Madame Tussauds Bangkok (Review, How to Go, and More!) (https://ummigoeswhere.com/madame-tussauds-bangkok/?utm_source=rss&utm_medium=rss&utm_campaign=madame-tussauds-bangkok) X

→ Reply

AGNES

December 10, 2020 at 2:51 am
(<https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5092>)

Manali is still on my bucket list. The views are spectacular. But I was in Shimla and Dharamsala, and I love this part of India. I would love to explore and hike in the next areas. Your Manali Itinerary looks great. It's very informative, with plenty of tips helpful in trip planning. I would love to visit this region.

→ Reply

DANIK

([HTTPS://DANIKTHEEXPLORER.CO.UK](https://daniktheexplorer.co.uk))
December 9, 2020 at 10:53 pm
(<https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5087>)

I have never heard of the area but I am a keen hiker. I know India has some excellent trekking routes and looks like I should be adding Manali to it. The views look amazing and the itinerary matches my needs. PossiVille sounds like a great place to unwind after a few days hiking. I love days like this when there is no one around and I can chillax.

Danik recently posted...Scottish Castles: Inveraray (<https://daniktheexplorer.co.uk/scottish-castles-inveraray/>)

→ Reply

CHLOE BEAVER

([HTTPS://LAFAMILYT](https://lafamilyt))

I have always wanted to make my way to the Himalayas, and I had heard of Manali before. I love

[itinerary/#comment-5086](#))

X

JAMIE
([HTTP://TRAVEL-ADDICT.NET](http://travel-addict.net))
December 9, 2020 at 8:47 pm
(<https://theetlrblog.com/7-day-manali-travel-itinerary/#comment-5085>)

Manali sounds like such an incredible place to visit, and you've really managed to highlight some incredible places to visit. The view from Rocky's Cafe is breathtaking, and so many other places are eye catching as well, like Bhagirathi Lake or PossiVille. This itinerary is absolutely amazing and seems to hit so many "must sees" in a week!

Jamie recently posted...5 Best Free Museums in London (https://travel-addict.net/2020/top-5-free-museums-in-london?utm_source=rss&utm_medium=rss&utm_campaign=top-5-free-museums-in-london)

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Hi | Hello | Nameste

I am **Arnav Mathur** – A **Civil Engineer** and a **Travel and Hospitality Industry professional** by qualification. I am a hard core foodie and a travel aficionado at heart and I welcome you to the **Eat | Travel | Live | Repeat** blog.

“Follow your Passion and Travel to a new place every 3-4 months and Eat, Travel, Live and REPEAT.” – That’s my mantra to live a life without regrets.

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