

Sar Pass Trek

⌚ 4 nights, 5 days

Overview

Sar Pass Trek

- Snow Covered Mountains That Give You The Thrills

The Sar pass is in Parvati Valley of Kullu district of Pradesh. Sar, in the local dialect, means a lake. Trekking, across the path from Tila Lotni to Biskeri Ridge, one has to pass by a small, frozen lake (Sar) and therefore the name Sar Pass Trek emerged. The trail takes you through ordination of picturesque grasslands and forests conjugated with steep rocky terrain and snow patches. Trek route emerges from Kasol and goes through Grahani, Ratta Pani, Nagaru and Barsheni.

Location: Kasol

Sar Pass Trek Details

- Duration: 5 days / 4 nights
- Maximum altitude: 4206 m / 13800 ft.
- Grade: Easy to Moderate
- Cost: Rs. 6999 + 5% GST. (Kasol to Kasol)



Sar Pass Trek Itinerary

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Day 1: Kasol to Grahan Village

Your Sar Pass adventure begins in the scenic town of Kasol, following the left bank of Grahan Nallah. The initial trail is well-marked and frequently used by locals, allowing for a smooth start. As you move forward, the path turns rocky and ascends through a lush rhododendron forest, away from the river. The petals of the rhododendron flowers are edible, and their syrup makes for a refreshing drink. After an hour of steady climbing, you will arrive at Grahan Village, the last inhabited settlement along the trek. From here, there is no cell network. Check into your guesthouse in Grahan for the night.

Day 2: Grahan Village to Mung Thach

Wake up to breathtaking views of the snow-covered Himalayas. After breakfast, begin your ascent northward along a trail commonly used by villagers. As you trek, enjoy views of Sar Top, Nagaru, and Mung Thach on the adjacent mountains. The path gradually becomes steeper and more rugged as it winds through a dense forest. After a challenging climb, arrive at Mung Thach, a scenic meadow offering incredible views of the Chandrakhani range and other prominent Himalayan peaks. Spend the night at a jungle campsite in Mung Thach.

Day 3: Mung Thach to Nagaru

Start your day with the crisp mountain breeze before setting off on a steep ascent from Mung Thach to Nagaru. This section is one of the most challenging, with a sharp drop to the valley below and occasional snow-covered patches. Carefully navigate the ridge as you climb towards Nagaru. After a few strenuous hours, you'll reach the Nagaru campsite, which offers stunning views of Manikaran and the surrounding peaks. Spend the night camping under the starry Himalayan sky.

Day 4: Nagaru to Biskeri Thach via Sar Pass

Begin your day early, as the climb to Sar Pass is steep and covered in snow. Upon reaching the summit, take in the mesmerizing panoramic views of Sar Pass and the towering peaks of the Tosh Valley. Celebrate your achievement with photos before beginning the thrilling descent. The descent includes an exhilarating slide down to Biskeri Thach, a safe and fun experience. The slide can extend up to one kilometer before



transitioning into a gentler slope. After crossing a few streams, reach the picturesque Biskeri Thach campsite, where you will stay overnight.

Day 5: Biskeri Thach to Kasol

Wake up to the stunning beauty of Biskeri Thach, surrounded by pine forests, towering mountains, and lush meadows. The descent begins with a steep path lined by wooden fences, leading into a dense forest. Upon reaching a small stream, cross over to the other side, where the twin villages of Pulga and Tulga are located. A bridge over the Parvati River will take you to the village of Barshaini, from where you'll continue back to Kasol.

Arriving in Kasol, cherish the last moments of your trek, bid farewell to new friends, and take home unforgettable memories of your Sar Pass adventure. Board your vehicle for your return journey, concluding this incredible experience in the Himalayas.

Sar Pass trek: A little heaven in Parvati Valley

Challenge yourself with a trek to Sar Pass. A little heaven in Parvati Valley. Sar Pass trek is the most favourite Himalayan treks of all the adventure enthusiasts.

Sar Pass is one of the most delightful treks in the Himachal Pradesh. Trek starts from village of Kasol. Trekkers cross forests & steep rocky terrains.

The Sar pass trek route originates from Kasol to Grahan to Min Thach to Biskeri to Barshaini.

Sar Pass is an ideal trek for beginners who want to experience all kinds of Himalayan terrains at one go! Trek through forests, meadows and quaint villages.

Sar Pass Trek is in Parvati valley of Kullu. Best trek which is popular among trekkers having gushing rivers, scenic beauty & breathtaking views.

The Sar Pass best time is between April-June with the Sar Pass Trek starting from Kasol with majestic views of Himalayas and snow trek Kasol Himachal.



Itinerary

Sar Pass Trek - Frequently Asked Questions

1. What is the best time to undertake the Sar Pass Trek?

The best time for the trek is from **May to June** and **September to November**, when the weather is pleasant, and the trails are accessible. During these months, trekkers can enjoy **clear skies, moderate temperatures, and stunning landscapes**, making it an ideal trekking experience.

2. What is the difficulty level of the Sar Pass Trek?

The trek is considered **moderately challenging**, suitable for both **beginners with a reasonable level of fitness** and experienced trekkers. The **altitude gain, steep ascents, and changing terrain** can be demanding, but with proper preparation and acclimatization, it is achievable for most people.

3. What is the duration of the Sar Pass Trek?

The trek typically takes around **5 to 6 days** to complete, depending on the **itinerary provided by the trekking company or organizer**.

4. What type of accommodation is available during the trek?

Accommodation mainly consists of **camping in tents** at designated campsites along the route. Some itineraries may also include stays in **guesthouses or homestays in local villages** for added comfort.

5. What should I pack for the Sar Pass Trek?

Here are some **essential items** to pack:

- ✓ **Trekking Gear** – Sturdy hiking boots, warm clothing, waterproof jackets, and sleeping bags.
- ✓ **Personal Medication** – Any prescribed medicines and a basic first-aid kit.
- ✓ **Sun Protection** – Sunscreen, sunglasses, and a hat.
- ✓ **Hydration & Snacks** – Water bottles, energy bars, and light snacks.
- ✓ **Trekking Essentials** – Trekking poles, headlamp, and extra batteries.



6. Is altitude sickness a concern during the Sar Pass Trek?

Yes, altitude sickness can be a concern, especially when crossing **Sar Pass at approximately 13,800 feet (4,200 meters)**. To minimize the risk:

- ✓ **Acclimatize properly** before ascending higher.
- ✓ **Stay hydrated** and drink plenty of water.
- ✓ **Recognize symptoms** such as headaches, dizziness, or nausea and inform your trek leader if they occur.

Inclusions

- **Pick & Drop Transfers:** Convenient transfers to and from Kasol.
- **Meals Included:** Enjoy all meals prepared with proper hygiene standards.
- **Accommodation:**
 - Stay in triple/double-sharing tents during the trek.
 - Guest house stay in Kasol with double, triple, or quad occupancy.
- **Refreshments:** Morning and evening tea with light snacks during the trek.
- **Permits & Fees:** All tolls and forest entry fees covered.
- **Trekking Gear Provided:** Tents, sleeping bags, ropes, gaiters, crampons, and more.
- **First Aid Support:** A well-equipped medical kit for emergencies.
- **Expert Guidance:** Experienced trek leaders to ensure a safe and memorable adventure.

Exclusions

- Food during pick & drop transfers
- Porters/mules charges
- Personal expenses (shopping, additional snacks, etc.)
- Optional activity expenses
- Travel insurance
- Anything not mentioned in the inclusions
- 5% GST extra



Highlights

- 1 Pair of Thermal
- 3 Pair of Socks + 1 Pair of woolen socks
- 2 Pair of Hand Gloves (Water Proof & Fleece material)
- Sun Cap
- Woolen Cap
- Neck Warmer (Scarf/Buff)
- 2 Quick Dry Full Sleeves (T-Shirt)
- 1 Full sleeves Fleece
- 1 Wind Proof Jacket (windcheater/Heavy Jacket)
- 2 Track Pants (No Cotton or Jeans)
- UV sunglasses
- Sun cream, Lip balm, Moisturizer
- Torch
- Trek Pole
- Trekking Shoes (No Sports shoes or Woodland shoes)
- Poncho (The Gear used to protect from Rain)
- Day pack (Small one)
- Back Pack 60 liter (+ Rain cover)
- 2 Water Bottles
- Toilet Paper & Wet Wipes
- Hand Sanitizer
- Antibacterial Powder
- Tooth Brush
- Quick Dry Towel

Medical Disclosures

- Crocin (1Strip)
- Disprine (1 Strip)
- Lomotive (1 Strip)
- Digene (1Strip)
- Gauze



- Dettol
- Band Aid - Qty 5
- Neusporine Powder
- Betadine Tube
- Vomistop/Avomine (Motion Sickness Tablet)

➡ Activity	Trekking, Camping, North India Treks, Astrophotography, Stargazing
➡ Destination	Himachal Pradesh
➡ Duration	5 to 7 Days
➡ Reviews	