



TREKS AND TRAILS

Manali Kasol Kheerganga Jibhi from Delhi

🕒 7 nights, 8 days

Overview

Manali – Kasol – Kheerganga – Jibhi Tour Package from Delhi | 7 Nights 8 Days Himalayan Adventure

If you are looking for the best way to escape the summer heat, a trip to the hills is the perfect solution. For city dwellers tired of traffic, noise, and rising temperatures, a Manali, Kasol, and Kheerganga trip offers the ideal mountain getaway in Himachal Pradesh. Hill stations are beautiful throughout the year, but during summer, they become the ultimate natural retreat with cool weather, fresh air, and breathtaking landscapes.

Manali, often called the Queen of Hill Stations, is one of the most popular tourist destinations in Himachal Pradesh. Located along the Beas River, Manali is known for its snow-capped mountains, wooden cottages, local markets, old cafés, and stunning sunrise views. From exploring Old Manali to relaxing in apple orchards and enjoying peaceful riverside walks, the town offers the perfect mix of sightseeing and relaxation. Whether you are planning a Manali trip with friends, family, or as a solo traveller, the charm of this hill station never disappoints.

Kasol, situated in the beautiful Parvati Valley, is another highlight of this Himalayan journey. Famous for its scenic river views, pine forests, and vibrant café culture, Kasol is a favorite among backpackers and nature lovers. The peaceful villages around Kasol provide a refreshing break from city life, while the popular Israeli cafés add a unique food experience that travellers love. A Kasol trip is ideal for those who want to slow down, unwind, and reconnect with nature.



The Kheerganga trek is one of the best summer treks in Himachal Pradesh. Starting from Barshaini, the trail passes through dense forests, waterfalls, and panoramic mountain views. Although moderately challenging, the trek is rewarding and perfect for beginners seeking adventure. The natural hot water spring at the top of Kheerganga is the highlight of the journey and makes the climb completely worthwhile.

This Manali, Kasol, and Kheerganga tour package combines sightseeing, trekking, nature, and culture into one unforgettable Himalayan experience. If you are searching for a budget-friendly summer trip to Himachal Pradesh with adventure and relaxation, this itinerary is the perfect choice.

Cost for Manali Kasol Kheerganga Jibhi from Delhi

- Triple Sharing: Rs. 19,999/- per person
- Double Sharing: Rs. 22,999/- per person

Ad-on (per person):

- Zip-lining: 1000/-
- Skiing: 800/-
- Tube Slide: 800/-
- Rafting: 1200/-
- Paragliding: 3500/-

Brief Itinerary - Manali Kasol Kheerganga Jibhi from Delhi

- Day 1: Arrival in Delhi – Overnight Bus to Manali
- Day 2: Jogini Waterfall Trek – Old Manali Exploration
- Day 3: Solang Valley – Atal Tunnel – Sissu
- Day 4: Kullu Rafting – Transfer to Kasol
- Day 5: Trek to Kheerganga – Camping
- Day 6: Kheerganga to Jibhi
- Day 7: Jibhi Sightseeing – Overnight to Delhi
- Day 8: Arrival in Delhi



Trip Highlights

Manali

- Explore the famous Rohtang Pass (seasonal)
 - Enjoy adventure activities at Solang Valley
 - Drive through the iconic Atal Tunnel and visit scenic Sissu
 - Evening stroll at Mall Road
 - Discover the charm of Old Manali
 - Visit Manu Temple, Hadimba Temple, and Ghatotkacha Temple
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Kullu

- Experience river rafting and paragliding
 - Visit local Dry Fruit and Shawl factories
 - Seek blessings at Vaishno Mata Temple
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Kasol

- Explore the vibrant Kasol Market
- Relax by the Parvati River
- Short hike to Chalal Village



- Enjoy café hopping in the backpacker hub
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Manikaran

- Visit Manikaran Gurudwara
 - Explore the ancient Shiva Temple
 - Experience the natural hot water springs
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Kheerganga

- Trek to the scenic Parvati Kund
 - Visit Kartikeya Temple
 - Witness the beautiful Rudranaag Waterfall
 - Explore Rudranaag Temple
-

Jibhi

- Visit the peaceful Jibhi Waterfall
- Drive to Jalori Pass
- Trek to Serolsar Lake
- Enjoy panoramic views from the 360-degree viewpoint

Dates and Rates

- Sorry no more departures available. You could get in touch with us at highfive@treksandtrails.org if you'd like to make a booking.



Itinerary

Day 1

Day 1: Delhi to Manali – Overnight Volvo Journey

📍 Majnu Ka Tilla

Departure for Manali - 5 pm

Your Himalayan backpacking trip begins from Delhi. Report at Majnu Ka Tilla in the evening and board your overnight Volvo to Manali. As the city lights fade, the mountains start calling. Overnight journey.

Day 2

Day 2: Arrival in Manali – Local Sightseeing & Old Manali Vibes

📍 Manali

Reach Manali in the morning and check into your hotel. After freshening up, explore the charm of Old Manali. Visit Hadimba Devi Temple, Manu Temple, stroll through Mall Road, or relax in cozy mountain cafés.

If you prefer a little adventure, trek to Jogini Waterfall through scenic forest trails. End your day with riverside views and café hopping.

Overnight stay in Manali.



🕒 Day 3

Day 3: Solang Valley – Atal Tunnel – Sissu

📍 Solang Valley

Start early and head to Solang Valley, the adventure hub of Manali. Try paragliding, ATV rides, skiing (seasonal), or simply enjoy the snow and mountain views.

Drive through the iconic Atal Tunnel and visit Sissu, a beautiful Himalayan village perfect for photos and peaceful moments.

Rohtang Pass can be added (seasonal and at extra cost).

Overnight stay in Manali.

🕒 Day 4

Day 4: Kullu Adventure – Transfer to Kasol

📍 Kasol

After breakfast, travel towards Kullu for optional river rafting in the Beas River or paragliding.

Later continue your scenic drive to Kasol, the backpacker hub of Parvati Valley. Visit Manikaran Gurudwara and the natural hot water springs before checking in.

In the evening, explore Kasol Market, enjoy café hopping, and soak in the relaxed mountain vibe.

Overnight stay in Kasol.



Day 5

Day 5: Kheerganga Trek & Camping

Kheerganga Trek

Drive to Barshaini, the starting point of the Kheerganga trek. Begin your 14 km scenic trek through pine forests, waterfalls, and stunning valley views.

Reach Kheerganga and relax near the famous natural hot water spring. Spend the night camping under a sky full of stars — one of the best backpacking experiences in Himachal.

Overnight stay in camps.

Day 6

Day 6: Kheerganga to Jibhi – Hidden Himalayan Escape

Tirthan Valley

After breakfast, descend back to Barshaini and travel towards Jibhi, a peaceful offbeat destination.

Check into your stay and enjoy the slow mountain life surrounded by wooden houses and forest views.

Overnight stay in Jibhi.



🕒 Day 7

Day 7: Jibhi Sightseeing – Overnight to Delhi

📍 Jibhi

Explore Jibhi Waterfall, Mini Thailand, and nearby scenic viewpoints. If time permits, visit Chhoie Waterfall.

Later proceed to Aut and board your overnight bus to Delhi.

Overnight journey.

🕒 Day 8

Day 8: Arrival in Delhi

📍 Majnu Ka Tilla

Reach Delhi by morning around 8 am with unforgettable memories, new friends, and a phone full of mountain pictures.

Trip ends, but the stories stay forever.

Inclusions

Transportation

- Delhi to Manali Volvo transfer (AC)
- All local and intercity transfers via Tempo Traveller or cab as per itinerary

Accommodation

- 3-star hotel stay on Double / Triple / Quad sharing basis (as per itinerary)
- Swiss tent stay on sharing basis at Kheerganga (as per itinerary)



Meals

- Total 11 meals included:
 - Day 2: Dinner
 - Day 3: Breakfast & Dinner
 - Day 4: Breakfast & Dinner
 - Day 5: Breakfast & Dinner
 - Day 6: Breakfast & Dinner
 - Day 7: Breakfast

Sightseeing

- All sightseeing mentioned in the itinerary

Support & Assistance

- Dedicated Trip Captain throughout the journey
- Driver allowances
- Toll taxes and parking charges included

Exclusions

- Rohtang Pass visit (available at additional cost, subject to availability and permits).



- Extra meals and beverages other than those mentioned in the inclusions.
- Meals during train travel.
- Airport or railway station pickup and drop services.
- Adventure activities such as paragliding, rafting, or any paid rides not mentioned in the itinerary.
- Entry fees for monuments, parks, or sightseeing places.
- Personal expenses including laundry, phone calls, shopping, and beverages.
- Travel insurance.
- Porters or mules for carrying personal luggage during the trek.
- Late checkout charges beyond standard hotel checkout time (usually 12:00 PM).
- Any unforeseen expenses arising due to medical emergencies, natural calamities, road blockages, weather conditions, or other unexpected situations.

Highlights

- Valid ID Proofs
- Sufficient cash as it is difficult to find ATMs in the mountains
- Waterproof trekking shoes & jacket
- Torch with extra batteries
- Warm clothes / thermals
- Camera with extra batteries
- Lighter & Trekking stick
- Personal medicines
- Proper haversack and one small backpack
- Extra pair of clothes and towel
- Rain jacket and rain cover for bag
- Please avoid wearing Gold and other ornaments or carrying precious items.



Cancellation Policy

- If cancellation done prior to 30 days of outing 90% will be refunded
- If done prior to 20 days of outing 75% will be refunded
- If done prior to 10 days of outing 50% will be refunded
- After that no refund will be provided
- No show No Refund
- Event Tickets cannot be transferred to another date against cancellation
- Event Tickets cannot be transferred to another person against cancellation

➡ Activity	Road Trips
➡ Destination	Himachal Pradesh
➡ Duration	5 to 7 Days

Frequently Asked Questions

When is the best time to go backpacking in Manali, Tosh and Kasol?

The months of March through June are ideal for backpacking trips to Manali, Tosh, and Kasol. Clear skies and mild temperatures make these months perfect for outdoor adventures like hiking, camping, and trekking. Avoid going on a trek during the months of July and August, when the monsoon season is at its peak, as the heavy rains can cause the trails to become muddy and unsafe. It's also best to avoid the area between the months of December and February, when the snowfall is heavy and the temperatures dip into the negatives.

What are the best spots to visit while backpacking in Kasol?

Backpackers in Kasol can see a lot of amazing sights. Some of the top places to visit are listed here.

- At Barshaini, hikers can explore the Kheerganga Trek, a well-known route known for its verdant forests, beautiful waterfalls, and soothing hot springs.



- Malana Village is a special place, full of interesting traditions and famed for its Malana Cream hashish.
- Tosh Village is renowned for its beautiful scenery, apple orchards, and the hiking track that leads to the Tosh Glacier.
- The Parvati River is a beautiful river that flows through the Parvati Valley. It has some of the most beautiful views and places to camp and go river rafting.
- Manikaran Sahib Gurudwara is a holy Sikh temple that can be found near the popular tourist destination of Manikaran, which is famous for its hot springs and free community meals, known as langar.

Which is better, Manali or Kasol?

Each place has unique attractions.

Manali is larger than Kasol and offers more activities including skiing, paragliding, rafting, & hot springs. It features a lively nightlife with several restaurants and cafes providing diverse cuisines.

Kasol, a little town in the Parvati Valley, is recognised for its beautiful nature and peacefulness. Backpackers enjoy walking, camping, and exploring local communities like Tosh and Malana.

To see the best of the region, visit both places.

What adventures can backpackers do in Manali, Kheerganga, and Kasol?

A backpacking trip to Manali, Kheerganga, or Kasol can include a variety of adventurous activities. Here are some of the most popular adventure activities:

- Trekking: There are several scenic trekking trails in the region, including the Hampta Pass Trek, the Kheerganga Trek, and the Sar Pass Trek.
- Camping: The area is abundant with lovely campsites, many of which boast breathtaking vistas of the surrounding mountains and valleys.



- Manali's Beas River and Kasol's Parvati River are both excellent spots for whitewater rafting trips.
- Paragliding is a popular sport in Manali, and for good reason: the views of the surrounding mountains and valleys from above are breathtaking.
- Rock climbing: People who like to try new things can go rock climbing in several places in Manali and Kasol.
- Skiing: During the winter months, Manali is a popular ski destination.
- Mountain biking is a popular way to see the area, and there are many trails to choose from in this area.

Why is Kasol called as "Mini Israel"?

Kasol is so well-liked by Israeli vacationers that the nickname "Little Israel" has stuck. Its popularity began in the 1990s when many young Israelis travelled to India after military service. They settled in Kasol because of its beauty and peace.

Many cafes, restaurants, and stores in Kasol cater to Israeli backpackers. The town speaks Hebrew and has several Hebrew signs and menus.

Reviews
