

CHANDERNAHAN TREK

Himachal Pradesh • Shimla District • 4200m

Explore Together — Your Tribe, Your Trail

5 NIGHTS

6 DAYS

19 MAY

2025

4200m

ALTITUDE

MODERATE

DIFFICULTY

■ TREK OVERVIEW

Trek Name	Chandernahan Lake Trek	State	Himachal Pradesh
Start Date	19 May 2025	Duration	5 Nights / 6 Days
Max Altitude	4,200 m (13,780 ft)	Distance	~40 km (round trip)
Difficulty	Moderate	Base Camp	Shimla / Rohru
Trek Region	Pabbar Valley, Shimla	Best Season	May – June, Sep – Oct

◆ ABOUT THE TREK

Chandernahan is one of Himachal Pradesh's most breathtaking hidden gems — a cluster of pristine glacial lakes nestled at around 4,200 metres in the Pabbar Valley of Shimla district. Often called the "Land of the Moon" owing to its otherworldly, silver-white snowfields that mirror the sky, this trek is a perfect blend of lush alpine meadows, dense deodar forests, gushing streams, and high-altitude serenity.

The trail winds through the charming village of Chirgaon, past rolling pastures scattered with wildflowers, through shepherd hamlets, before ascending to the lake basin where three turquoise lakes reflect the jagged snow-capped peaks above. The route is manageable for fit beginners yet rewarding enough to satisfy seasoned trekkers.



Chandernahan Lake — 4,200m



Wildflower meadow camp



Pabbar Valley panorama

★ TREK HIGHLIGHTS

◆ Chandernahan Lakes

Three glacial lakes at 4,200 m with crystal-clear turquoise water surrounded by snow peaks

◆ Dense Deodar Forests

Walk through ancient deodar and oak forests filled with birdsong and cool mountain air

◆ Snow Bridges & Streams

Cross glacial streams over wooden and stone bridges amid dramatic mountain scenery

◆ Pabbar Valley Meadows

Vast rolling meadows draped in seasonal wildflowers — a photographer's paradise

◆ Village Life

Experience authentic Himachali culture in Chirgaon and Rohru villages along the route

◆ Certified MI Leadership

Trek with IISM-certified Mountaineering Instructors ensuring safety at every step

DAY-BY-DAY ITINERARY

DAY
1

Arrival & Acclimatisation

Delhi / Chandigarh → Shimla → Rohru

Depart from Delhi or Chandigarh by overnight bus or private vehicle. Arrive Rohru (1,525 m). Check in to guesthouse, short orientation walk around the

280 km
Drive

1,525m
Altitude

Rohru
Night

DAY
2

Trek Begins — Into the Forest

Rohru → Chirgaon → Forest Camp

After an early breakfast, drive to Chirgaon (1,980 m). Trek begins through oak and rhododendron forests. Gradual ascent with beautiful valley views. Car

25 km
Drive

8 km
Trek

2,600m
Altitude

DAY
3

Meadows & Shepherd Pastures

Forest Camp → Dayara Meadows

A rewarding day through open meadows carpeted with spring wildflowers. Pass seasonal shepherd huts (dhanis). Views of Chandrashila and surrounding

10 km
Trek

+900m
Gain

3,500m
Altitude

DAY
4

Summit Push — Chandernahan Lake

Dayara → Chandernahan Lakes → Camp

The crown jewel of the trek! Ascend to the glacial lake basin at 4,200 m. The three Chandernahan lakes shimmer in turquoise, surrounded by snow ridge

8 km
Trek

4,200m
Max Alt

Lake Camp
Night

DAY
5

Descent — Relishing the Trail

Chandernahan → Dayara → Chirgaon

Begin descent after sunrise photographs at the lake. Retrace through meadows and forests, stopping at favourite viewpoints. Village lunch at Chirgaon.

14 km

Trek

-1,600m

Descent

Chirgaon

Night

DAY
6

Return & Departure

Chirgaon → Rohru → Departure

Morning tea with valley views, then drive back to Rohru. Trek certificates presented. Depart for Shimla, Chandigarh or Delhi with hearts full of memories.

25 km

Drive

Rohru

Depart

Complete

Trek ✓



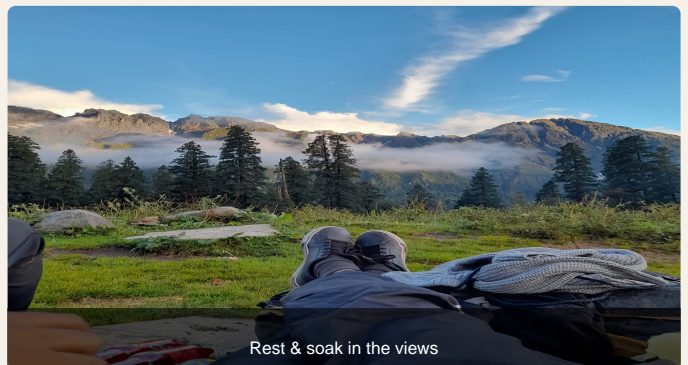
Stream crossing on trail



Green meadow trail ahead



Alpine flora of Chandernahan



Rest & soak in the views

■ INCLUSIONS & EXCLUSIONS

INCLUDED

- Accommodation: Guest house (Rohru) + camping tents
- All meals during the trek (Day 2 breakfast to Day 6 lunch)
- Experienced & certified trek leader (MI qualified)
- High-altitude camping equipment (tents, sleeping bags, mats)
- First-aid kit & emergency evacuation support
- All inner line / forest permits & fees
- Welcome tea & trek briefing on Day 1
- Trek certificate on completion

EXCLUDED

- Transportation to/from Rohru
- Personal travel insurance
- Meals on Day 1 (arrival) and Day 6 (post-trek)
- Porter / mule charges (if opted)
- Any personal expenses, tips, laundry
- Oxygen cylinder (available for purchase)
- Anything not listed under inclusions

■ TREK PRICING

EARLY BIRD	STANDARD	SOLO TRAVELLER
<p>■ 9,999</p> <p>Early Bird Rate</p> <p><i>Book before 01 May</i></p>	<p>■ 10,999</p> <p>Standard Rate</p> <p><i>Best value</i></p>	<p>■ 11,999</p> <p>Solo Traveller</p> <p><i>Any group size</i></p>

* Prices are per person. Group discount available for 6+ members. EMI options available via UPI / Bank Transfer. 30% advance to confirm your slot.

■ ESSENTIAL GEAR LIST

Clothing

Thermal base layers (top & bottom), fleece jacket, waterproof windcheater, trekking pants × 2, warm gloves, wool/fleece hat, sun cap, neck gaiter

Footwear

Sturdy waterproof trekking boots (ankle support), camp sandals, wool socks × 4 pairs

Backpack

45–55 L rucksack with rain cover, daypack (20L) for summit day

Sleeping

Personal sleeping bag liner (sleeping bag provided), eye mask, earplugs

Hydration

Water bottles × 2 (min 2 litres capacity), water purification tablets, electrolyte sachets

Medical

Personal medications, diamox (altitude sickness), blister care, sunscreen SPF 50+, lip balm, insect repellent

Documents

Government photo ID original + 2 copies, emergency contact card, Awara Tribe registration confirmation

Electronics

Phone + power bank (10,000 mAh+), headlamp + extra batteries, camera

■ SAFETY & GUIDELINES

- **Certified Leadership** Every Awara Tribe batch is led by IISM (Indian Institute of Skiing & Mountaineering) certified Mountaineering Instructors with extensive high-altitude rescue training.
- **Medical Protocol** All trek leaders carry a comprehensive first-aid kit including pulse oximeters, altitude sickness medications (Diamox, Dexamethasone), and emergency oxygen. Daily health checks are conducted.
- **Evacuation Plan** Pre-planned evacuation routes are in place. The team maintains contact with local authorities and can arrange mule or helicopter evacuation in emergencies.
- **Weather Monitoring** Trek leaders monitor weather patterns daily. All high-altitude activities can be cancelled or rescheduled for safety — participant wellbeing is always the priority.
- **Group Size** Optimal batch size is 8–12 participants ensuring personalised attention and minimal environmental impact.
- **Leave No Trace** We follow strict LNT principles. All waste is carried back to base; campfire only in designated areas. Respect local culture and wildlife.

■ PRO TIPS FOR TREKKERS

- Hydrate well — drink 3–4 litres of water daily at altitude; avoid alcohol
- Break in your trekking boots at least 2 weeks before the trek to avoid blisters
- Train beforehand — 30-min daily walks, stair climbing, and light cardio for 4 weeks
- Download offline maps (Maps.me or Google Maps offline) — mobile signals are intermittent
- Apply SPF 50 sunscreen every 2 hours — UV intensity doubles at altitude
- Pack light — 10 kg is the ideal backpack weight; mule service available for extra luggage
- Carry high-energy snacks — nuts, dried fruits, energy bars, dark chocolate
- Acclimatise properly — never ascend more than 300–500 m per day above 3,000 m

■ BOOK YOUR TREK

■ WhatsApp / Call

+91 XXXXX XXXXX

■ Email

hello@awaratribe.in

■ Website

www.awaratribe.in

■ Instagram

@awaratribe

■ Meetup Point

Rohru Bus Stand, Shimla District, HP

■ Payment

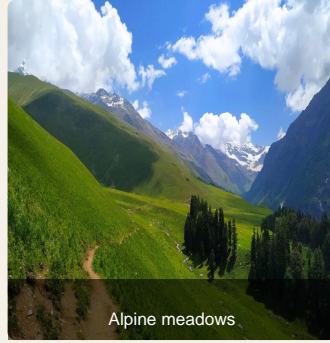
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Chandernahan Lake



Trail bridges



Alpine meadows



Wildflower base camp

"The mountains are calling — and your tribe is already on the trail."

Explore Together — Your Tribe, Your Trail