

## Best Treks in Parvati Valley, Himachal Pradesh

Parvati Valley is a **trekker's paradise**, offering everything from **easy scenic hikes** to **challenging high-altitude treks**. Here's a list of the **best treks** in the region:

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### 1. Kheerganga Trek

- **Duration:** 2 days
- **Difficulty:** Easy to Moderate
- **Starting Point:** Barshaini (Near Kasol)
- **Altitude:** 2,960m
- **Highlights:** Hot water springs, stunning meadows, camping under the stars
- **Best Time:** April to November

👉 **Why do it?** It's one of the most famous short treks in India, perfect for beginners!

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### 2. Tosh Valley Trek

- **Duration:** 1-2 days
- **Difficulty:** Easy
- **Starting Point:** Barshaini
- **Altitude:** 2,400m
- **Highlights:** Stunning valley views, waterfalls, and vibrant hippie culture
- **Best Time:** March to November

👉 **Why do it?** If you love short hikes with beautiful scenery and chill vibes, this is a must!

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### 3. Malana Village Trek

- **Duration:** 1 day
- **Difficulty:** Easy
- **Starting Point:** Jari (Near Kasol)
- **Altitude:** 2,652m
- **Highlights:** Ancient isolated village, unique Malana culture, and stunning landscapes
- **Best Time:** March to November

👉 **Why do it?** Malana is known for its **mystical history and unique traditions**—a trek with a cultural twist!

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## 4. Grahan Village Trek

- **Duration:** 2 days
- **Difficulty:** Easy to Moderate
- **Starting Point:** Kasol
- **Altitude:** 2,350m
- **Highlights:** Hidden village, traditional Himachali wooden houses, and forest trails
- **Best Time:** March to November

👉 **Why do it?** It's a peaceful, offbeat alternative to the crowded Kasol!

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## 5. Sar Pass Trek

- **Duration:** 5-6 days
- **Difficulty:** Moderate to Difficult
- **Starting Point:** Kasol
- **Altitude:** 4,200m
- **Highlights:** Snow-covered pass, stunning alpine meadows, and breathtaking views
- **Best Time:** May to October

👉 **Why do it?** If you want a mix of **forests, meadows, and snow**, this trek is perfect!

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## 6. Pin Parvati Pass Trek

- **Duration:** 9-11 days
- **Difficulty:** Difficult (Only for experienced trekkers)
- **Starting Point:** Barshaini
- **Altitude:** 5,319m
- **Highlights:** Crosses from Parvati Valley (lush green) into Spiti (cold desert)
- **Best Time:** July to September

👉 **Why do it?** It's a **high-altitude crossover trek**, offering some of the most dramatic landscapes in India!

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## 7. Rashol Pass Trek

- **Duration:** 2-3 days
- **Difficulty:** Moderate
- **Starting Point:** Kasol
- **Altitude:** 3,048m
- **Highlights:** Remote Rashol village, breathtaking views of Parvati Valley
- **Best Time:** April to October

👉 **Why do it?** If you love **quiet trails and fewer crowds**, this is a great choice!

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## 8. Chalal Trek

- **Duration:** 1-2 hours (Short Hike)
- **Difficulty:** Easy
- **Starting Point:** Kasol
- **Altitude:** 2,134m
- **Highlights:** Beautiful riverside trail, cafes, and relaxed vibes
- **Best Time:** Year-round

👉 **Why do it?** A **quick escape** from Kasol, perfect for a relaxing nature walk!

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Which trek are you interested in? I can help with itineraries, packing tips, or stay recommendations!   