

Satopanth Lake Trek

A glacial lake beyond Mana, at the head of the Alaknanda

DURATION	6D / 5N	DIFFICULTY	Difficult
MAX ALTITUDE	15,100 ft	DISTANCE	44 km
BASE CAMP	Mana Village, near Badrinath	REGION	Garhwal
PRICE	₹16,500 per person · Transportation charged separately.		

About this trek

Satopanth is a high, quiet trail that begins where the road ends at Mana village, beyond Badrinath. The route follows the Alaknanda towards its source, passes Vasudhara falls and climbs through moraine to a green-blue lake held between three peaks. It is long-day walking on rough glacial ground, and it suits trekkers who are already comfortable with altitude.

Day by day

Day	Route / activity	Distance · time · stay
1	Rishikesh to Badrinath Rishikesh → Badrinath Road day up the Alaknanda valley to Badrinath.	300 km · 10–11 hrs drive · Badrinath (stay)

Day	Route / activity	Distance · time · stay
2	Badrinath to Mana, trek to Lakshmi Van Badrinath → Mana Village → Lakshmi Van A short drive to Mana, the last village on the route, then the first day on foot to Lakshmi Van.	4 km · 7-8 hrs (drive + trek) · Lakshmi Van (stay)
3	Lakshmi Van to Chakrateertha Lakshmi Van → Chakrateertha Moraine and boulder walking with Chaukhamba growing in view through the day.	7 km · 5-6 hrs trek · Chakrateertha (stay)
4	Satopanth Tal and back Chakrateertha → Satopanth Tal → Chakrateertha The lake day. An early start over glacial ground to Satopanth Tal, with time to sit before the return.	10 km · 6-7 hrs round trip · Chakrateertha (stay)
5	Chakrateertha to Mana via Badrinath Chakrateertha → Mana → Badrinath The descent retracing the approach to Mana, then on to Badrinath.	10.5 km · Trek · Badrinath (stay)
6	Badrinath to Rishikesh Badrinath → Rishikesh Drive out of the valley to Rishikesh. Distance to be confirmed with the client.	300 km · 10-11 hrs drive · —

What is and is not included

Included

- Qualified trek leader and support staff
- Forest and camping permits
- Twin/triple sharing tents
- All meals on the trek
- Safety equipment and first-aid support

Not included

- Transportation to and from the base camp
- Personal trekking gear and rentals
- Personal expenses and travel insurance
- Anything not listed under inclusions

Things to carry

- Trekking shoes with ankle support
- Backpack (50-60 L) with a rain cover
- Three warm layers and a padded jacket
- Poncho or rain jacket
- Sun cap, sunglasses and sunscreen
- Personal medication and toiletries
- Two one-litre water bottles

Upcoming departures

06 Oct – 11 Oct 2026	10 seats left
20 Oct – 25 Oct 2026	2 seats left
06 May – 11 May 2027	13 seats left
20 May – 25 May 2027	7 seats left
06 Jun – 11 Jun 2027	15 seats left
20 Jun – 25 Jun 2027	12 seats left

Seat counts are live on the website; this sheet shows them as of 03 Sep 2026.

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