

Mana Sector Itinerary

Day 1: Arrival in Mana and Local Exploration

- **Morning:** Arrive in **Mana Village** from **Joshimath**, which is around 55 km away. The drive offers mesmerizing views of the **Alaknanda River** and the surrounding valleys. You can hire a local taxi or a shared vehicle from Joshimath to Mana.
- **Afternoon:** Upon reaching Mana, check into your accommodation (there are guesthouses and dharamshalas available). After settling in, begin exploring the village. Mana is the last inhabited village on the Indian side before the Tibet border.
- **Visit:**
 - **Vyas Gufa** (Vyas Cave): This is where the sage Vyas is believed to have meditated and written the epic Mahabharata. The cave is located near the Alaknanda River and offers peaceful surroundings.
 - **Ganesh Gufa** (Ganesh Cave): A cave dedicated to Lord Ganesha, it is believed that Lord Ganesha helped Sage Vyas write the Mahabharata.
- **Evening:** Spend your evening by the **Alaknanda River**, enjoy the serene surroundings, and relax in the peaceful environment of the village.
- **Night:** Overnight stay in Mana.

Day 2: Badrinath and Surroundings

- **Morning:** After an early breakfast, head to the **Badrinath Temple**, which is just 3 km away from Mana. The temple is dedicated to Lord Vishnu and is one of the four Char Dham pilgrimage sites. Spend time offering prayers and exploring the temple complex. The temple is located at an altitude of 10,279 feet, offering spectacular views of the surrounding peaks.
- **Afternoon:** Visit **Tapt Kund**, the natural hot water spring near the temple, believed to have medicinal properties. After a dip in the hot spring, take some time to explore the surroundings. You can also visit the **Brahma Kapal**, a sacred site for performing rituals for deceased ancestors.
- **Evening:** After exploring Badrinath, return to Mana for the evening. Enjoy a traditional Garhwali meal and relax.
- **Night:** Overnight stay in Mana.

Day 3: Trek to Mata Murti Temple and Mana Pass (Optional)

- **Morning:** Start your day early with a short trek to **Mata Murti Temple**, located around 3 km from Mana. The temple is dedicated to Mata Murti, the mother of Lord Badrinath. The temple offers peaceful surroundings and provides panoramic views of the **Badrinath Valley**.
- **Afternoon:** After visiting the Mata Murti Temple, return to Mana for lunch. For adventure enthusiasts, you can embark on a trek to **Mana Pass**, located around 10 km from the village. The trek is challenging and requires prior permissions from the Indian Army since it is a restricted area near the Tibet border. Mana Pass offers stunning views of the surrounding mountains and is ideal for trekkers looking for a challenging adventure.
- **Evening:** After the trek, relax in the village, enjoying the peaceful environment. If you're not trekking, you can spend time exploring other spots in Mana.
- **Night:** Overnight stay in Mana.

Day 4: Departure via Joshimath

- **Morning:** After breakfast, take one last walk around **Mana Village**. You can visit the local market, where you can shop for **handicrafts, woolen clothes, and local produce**.
- **Afternoon:** Depart from Mana and drive back to **Joshimath**. If time permits, you can also visit **Auli**, a famous ski destination near Joshimath, and enjoy its stunning views of the Himalayan range.

- **Evening:** You will be dropped at **Joshimath** or proceed to your next destination.

