



Things to Do in Manali: A Complete Guide for Every Kind of Traveler

Description

One of the most popular hill stations in India is Manali, which is situated in the center of Himachal Pradesh. Travelers from all over the world come to Manali, which is surrounded by the snow-capped Himalayas, alpine forests, verdant valleys, and the glistening Beas River. Others come for exciting adventures or cultural immersion, while others come to relax in its natural beauty. Manali offers something unique for everyone, regardless of whether you're an adrenaline enthusiast, family vacationer, honeymoon pair, or lone hiker.

In this article, [Getaway Experiences](#) shares **the top things to do in Manali**, covering everything from sightseeing and adventure sports to shopping, food, and cultural experiences.

1. Indulge in Adventure Sports in Solang Valley

Solang Valley, located about 14 km from Manali, is the go-to destination for adventure seekers. During summer (May to October), the valley is bustling with activities like:

- **Paragliding**
- **Zorbing**
- **Cable Car rides**
- **ATV biking**

In winter, Solang Valley transforms into a snow sports paradise, offering:

- **Skiing and snowboarding**
- **Snowmobiling**
- **Tubing and sledging**

It's an adrenaline-fueled playground against a stunning Himalayan backdrop.

2. Visit Rohtang Pass for a Snowy Adventure

If you're visiting between May and October, **Rohtang Pass** is a must-see. Located 51 km from Manali, it stands at an elevation of 3,978 meters and offers panoramic views of glaciers, mountain peaks, and the Chandra River valley.

Things to do at Rohtang Pass:

- Play in the snow
- Take a snow scooter ride
- Try ice-skiing or snowboarding
- Snap photos of the surreal landscape

Note: You need to apply for a travel permit (can be booked online) to visit Rohtang Pass, and access is limited to preserve the environment.

3. Trek to Jogini Falls and Bhrigu Lake

Manali is a haven for trekkers, and these are **the top things to do in Manali** if you love hiking. There are several scenic trails you can explore.

- **Jogini Waterfalls Trek:** A short trek (around 3 km from Vashisht) through pine forests and apple orchards. The waterfall is serene, perfect for a peaceful nature escape.
- **Bhrigu Lake Trek:** A moderately challenging trek that rewards you with views of an alpine lake located at 4,300 meters above sea level. Best done between May and October.

Other popular treks include:

- **Hampta Pass Trek**
 - **Beas Kund Trek**
 - **Chandrakhani Pass Trek**
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4. Explore Old Manali's Bohemian Charm

Old Manali, separated from the main town by a small bridge over the Manalsu River, offers a completely different vibe. It's quieter, more rustic, and filled with international backpackers and indie travelers.

Things to do in Old Manali:

- Relax in cozy cafes like **Café 1947**, **The Lazy Dog**, and **Drifters' Café**
 - Shop for boho jewelry, hippie clothes, dreamcatchers, and handmade soaps
 - Stroll through apple orchards
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- Listen to live music or attend a jam session at a local pub
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5. Take a Dip in Vashisht Hot Water Springs

About 3 km from Manali lies the village of **Vashisht**, known for its natural hot water springs and ancient temples. The hot springs are believed to have medicinal properties and are popular among both locals and tourists.

There are separate bathing enclosures for men and women, as well as private bath areas available for a small fee. Don't forget to visit the nearby **Vashisht Temple**, dedicated to sage Vashisht.

6. Seek Blessings at Hadimba and Manu Temples

Manali has deep mythological roots and is home to many important temples:

- **Hadimba Devi Temple:** Built in 1553, this temple is dedicated to Hidimba, the wife of Bhima from the Mahabharata. The wooden architecture is unique and is surrounded by cedar forests.
- **Manu Temple:** Located in Old Manali, this is one of the few temples dedicated to the sage Manu, who is believed to be the creator of mankind in Hindu mythology.

Both temples offer spiritual calm and architectural beauty.

7. Go River Rafting on the Beas

The **Beas River**, flowing alongside Manali, offers an excellent stretch for white water rafting. The rafting route between **Pirdi and Jhiri** is particularly famous, with Grade II and III rapids ideal for beginners and intermediate rafters.

Best time for rafting: **April to June** and **September to October**.

You can book this activity through various adventure sports operators in Manali or online in advance.

8. Discover the Naggar Castle and Art Galleries

Located about 22 km from Manali, **Naggar** was once the capital of the Kullu kingdom. The **Naggar Castle**, built in the 15th century, is a beautiful blend of European and Himalayan architecture. It now operates as a heritage hotel and museum.

Also visit:

- **Nicholas Roerich Art Gallery**, dedicated to the Russian artist who lived in Naggar
 - **Tripura Sundari Temple**, a serene ancient shrine nearby
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9. Enjoy Local Cuisine and Café Culture

Manali has a thriving food scene — from roadside momos and Maggi stalls to stylish cafés serving international cuisine. Don't leave without trying:

- **Siddu**: A local steamed bread made of wheat flour, stuffed with potatoes or walnuts
- **Tudkiya Bhath**: A Himachali-style spiced rice dish
- **Trout fish**: Fresh from the Beas River, served grilled or curried
- **Chha Gosht**: A mutton curry cooked in yogurt and spices

Top cafes to check out:

- **Johnson's Café** for trout fish
 - **The Lazy Dog** for a view with your beer
 - **Café Meraki** and **Born Free Café** for healthy meals and chill vibes
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10. Shop at Mall Road and Tibetan Markets

For shopping lovers, **Mall Road** is Manali's commercial heart. From Himachali woollens to handmade shawls, you'll find great souvenirs here.

Popular buys:

- Woolen clothes, stoles, and pashmina shawls
- Tibetan handicrafts and jewelry
- Wooden artifacts and Buddhist souvenirs
- Handmade soaps and essential oils

Tibetan Market near Mall Road is also worth visiting for budget-friendly finds and colorful goods.

11. Attend Local Fairs and Festivals

If your trip aligns with local festivals, you're in for a cultural treat:

- **Winter Carnival (January)**: Celebrates Manali's culture with folk dances, music, food, and adventure sports.
 - **Hadimba Devi Fair (May)**: A lively religious celebration honoring the local deity.
 - **Dussehra at Kullu (October)**: Though technically in nearby Kullu, it's a huge week-long affair attended by people from all over Himachal.
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12. Experience Himachali Hospitality with a Homestay

To truly understand the local culture, consider staying in a **traditional Himachali homestay**. Villages like **Shanag**, **Naggur**, and **Sethan** offer charming stays with local families. You'll get to eat traditional food, engage in village life, and hear stories from the locals — a completely enriching experience.

Final Thoughts

Manali is more than just a scenic hill station — it's a vibrant, multifaceted destination. With its stunning natural landscapes, spiritual heritage, lively town culture, and thrilling adventure opportunities, Manali ensures that no traveler leaves untouched by its magic.

From sipping coffee by the Beas River to skiing down snowy slopes, every moment spent here becomes a cherished memory and If you're looking for a cool and comfortable stay in Manali, [Fyra Hotel](#) is one of the best places to unwind with style and scenic views.

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