

♥ MANALI ♥

HONEYMOON GUIDE

A Complete Guide to the Valley of Gods



■ Location

Himachal Pradesh, India
2,050 m above sea level

■ Best Time

Oct–Nov & Feb–Jun Avoid
heavy monsoon

✈️ Nearest Airport

Bhuntar (Kullu) ~50 km
from Manali

■ Budget

■15,000–■60,000+ Per
couple (5 nights)

Nestled in the Beas River valley, Manali is one of India's most enchanting honeymoon destinations — offering snow-capped peaks, lush cedar forests, cozy cafes, and a magical blend of adventure and romance. Let this guide be your passport to an unforgettable beginning.

■ 7-DAY HONEYMOON ITINERARY

Day 1

Arrival & Old Manali

Check in to your hotel. Stroll through Old Manali's quaint lanes, visit the ancient Hadimba Devi Temple surrounded by deodar forests, and enjoy a romantic candlelit dinner by the Beas River.

Day 2

Solang Valley & Rohtang Pass

Head early to Solang Valley for snow activities — skiing, snowboarding, zorbing, and paragliding. If the pass is open, continue to Rohtang Pass (3,978 m) for stunning panoramas. Return for a cozy fireplace evening.

Day 3

Spa Day & Manu Temple

Begin with a couples' Ayurvedic spa session. Later, visit Manu Temple and explore Mall Road for local handicrafts, Kullu shawls, and silver jewellery. Sunset at Club House Park.

Day 4

Kasol & Parvati Valley Day Trip

Drive to the 'Mini Israel' of India — Kasol. Walk along the Parvati River, visit Kheerganga hot springs (short trek), and savour Israeli-fusion cuisine. Return by evening.

Day 5

Naggar Castle & Art Gallery

Explore the 16th-century Naggar Castle (now a heritage hotel). Visit the Nicholas Roerich Art Gallery. Stop at Tripura Sundari Temple. Picnic by the Beas River.

Day 6

Manikaran Sahib & Hot Springs

Visit the sacred Manikaran Gurudwara with its famous hot springs. Take a dip in the natural thermal pools. Enjoy langar (community meal) at the Gurudwara. Return via scenic Kullu Valley.

Day 7

Leisure & Departure

Morning at leisure — last walk through Old Manali, shopping for apple products, jams, and woollens. Check out and depart with memories to last a lifetime.

■ MUST-VISIT ROMANTIC SPOTS

❄️ Rohtang Pass

■ 3,978 m

Snow, glaciers & clouds — the ultimate romantic backdrop. Book permits in advance (■500/car). Best visited June–October.

■ Hadimba Temple

■ 1,926 m

A 16th-century pagoda temple amid towering deodars. The cedar forest around it is perfect for a peaceful morning walk together.

■ Solang Valley

■ 2,480 m

India's adventure playground — snowboarding, zip-lining, paragliding, and cable-car rides with sweeping valley views.

■ Jogini Waterfall

■ 2,100 m

A 1-hour trek from Old Manali leads to this cascading waterfall. Pack a picnic and spend a quiet afternoon here.

■ Naggar Castle

■ 1,760 m

A hilltop heritage hotel and museum. Sip tea on the terrace with views of the entire Kullu Valley — pure magic at sunset.

■ Kasol Village

■ 1,640 m

Bohemian cafes, pine forests, and riverside camps. Perfect for couples who love a relaxed, earthy vibe.

■ Manikaran Hot Springs

■ 1,737 m

Sacred thermal springs inside a Sikh Gurudwara. Bathing here is believed to bring good fortune to newlyweds.

■ Beas River Bridge

■ 2,050 m

The suspension bridge in Old Manali is a local favourite — cross it at dusk for stunning views of the snow peaks.

■ ROMANTIC HOTELS & STAYS

◆ Luxury

Span Resort & Spa	Kullu–Manali Hwy	■12,000–■25,000/night
Award-winning riverside resort. Couples' spa, infinity pool, and private chalets.		
The Himalayan	Old Manali	■8,000–■18,000/night
Colonial-style heritage hotel with panoramic Himalayan views and fireplace rooms.		

◆ Mid-Range

Snow Valley Resorts	Aleo Village	■4,000–■8,000/night
Cozy cottages with mountain views. On-site restaurant, bonfire evenings.		
Naggar Castle Hotel	Naggar	■3,500–■7,000/night
Stay in a 16th-century castle! Terrace with valley views. Truly unique.		

◆ Budget-Friendly

Johnson's Hotel	Old Manali	■2,000–■4,000/night
Charming guesthouse near the Beas River. Well-reviewed restaurant.		
Zostel Manali	Old Manali	■1,500–■3,000/night
Social hostel with private couple rooms. Great for meeting other travellers.		

■ FOOD & DINING GUIDE

Local Dishes to Try

- **Dham** — Traditional Himachali thali served on special occasions — rice, dal, rajma, boor ki kadi, and meetha.
- **Sidu** — Wheat bread stuffed with walnuts and poppy seeds, served with ghee and dal. A local favourite.
- **Trout Fish** — Freshly caught from Beas River, grilled or curried. Must-try at riverside restaurants.
- **Babru** — Local flatbread stuffed with black gram paste, similar to kachori. Perfect breakfast treat.
- **Kullu Apple Cider** — Freshly pressed apple juice and cider — Kullu Valley produces some of India's finest apples.
- **Aktori** — Buckwheat pancake, a traditional Himachali delicacy, served during festivals.

Romantic Restaurants & Cafes

Restaurant	Location	Vibe	Must-Order
Drifters' Inn	Old Manali	Bohemian rooftop	Wood-fired pizza & apple pie
Cafe 1947	Old Manali	Garden fairy-lights	Tibetan thukpa & momos
Johnson's Cafe	Circuit House Rd	Colonial heritage	Grilled trout & cheesecake
The Lazy Dog	Old Manali	Mountain views	Israeli breakfast platter
Chopsticks	Mall Road	Cosy & warm	Tibetan noodle soup
Khyber Restaurant	Manali Town	Romantic lighting	Himachali Dham thali

■ *Tip: Most restaurants in Old Manali open only for lunch (12–4 PM) and dinner (6–10 PM). Carry cash as many small cafes don't accept cards.*

■ ADVENTURES FOR COUPLES

❄️ Skiing & Snowboarding	■ Solang Valley	■ Dec–Mar	Beginner slopes with certified instructors. Equipment rental available. ■500–■1,500/hr.
■ Paragliding	■ Solang Valley	■ Apr–Jun, Sep–Oct	Tandem paragliding over the Beas Valley. 15–30 minute flights. ■2,500–■3,500/person.
■ Mountain Biking	■ Manali–Rohtang Route	■ May–Oct	Rent bikes from Old Manali. Guided trails through apple orchards and pine forests.
■ Rock Climbing	■ Vashisht Area	■ Apr–Nov	Natural rock faces near Vashisht village. Guides available. ■800–■1,500/session.
■ Camping	■ Solang / Hampta Pass	■ Jun–Oct	Overnight tent camping under a sky full of stars. Many operators offer luxury tents.
■ River Rafting	■ Beas River, Pirdi	■ May–Jul	Grade 3–4 rapids. A thrilling 14 km stretch. ■600–■1,200/person.
■ Hampta Pass Trek	■ 2–4 Days	■ Jun–Sep	One of Manali's most scenic treks. Crosses the Hampta Pass (4,270 m). Guided tours available.
■ Hot Air Balloon	■ Solang Valley	■ May–Oct	Sunrise balloon rides over the valley — limited availability, book well in advance.

■ PRACTICAL PLANNING GUIDE

Best Time to Visit

Season	Months	Weather	Highlights
Spring ♥	Mar – May	10°C – 25°C	Blooming flowers, light snowfall, green valleys
Summer ■	Jun – Sep	15°C – 30°C	Rohtang open, rafting, trekking, outdoor activities
Autumn ■	Oct – Nov	5°C – 20°C	Clear skies, golden foliage, fewer tourists
Winter ❄	Dec – Feb	–5°C – 10°C	Heavy snow, skiing at Solang, cosy fireplace nights

Budget Breakdown (Per Couple, 7 Nights)

Category	Budget (■)	Mid-Range (■)	Luxury (■)
Accommodation (7N)	14,000 – 21,000	28,000 – 56,000	56,000 – 1,75,000
Food & Dining	7,000 – 10,500	10,500 – 21,000	21,000 – 42,000
Activities	3,500 – 7,000	7,000 – 17,500	17,500 – 35,000
Transport (local)	3,500 – 5,250	5,250 – 10,500	10,500 – 21,000
Shopping	3,500 – 5,250	5,250 – 10,500	10,500 – 21,000
TOTAL	~■31,500 – 49,000	~■56,000 – 1,15,500	~■1,15,500 – 2,94,000

Essential Tips for Couples

- ✓ Book hotels and Rohtang Pass permits at least 2–3 weeks in advance, especially in peak season (May–June).
- ✓ Carry warm layers even in summer — temperatures drop sharply at night and at high altitudes.
- ✓ Altitude sickness can affect visitors above 3,000 m. Stay hydrated, avoid alcohol on Day 1, and rest if needed.
- ✓ Rohtang Pass requires a permit for all vehicles. Book online at the Himachal Pradesh Tourism website.
- ✓ ATMs are available in Manali town but may run out of cash on holidays. Carry sufficient cash.
- ✓ Local transport (auto, taxi, shared cabs) is the most convenient way to get around. Agree on fares in advance.
- ✓ Respect local customs, especially at temples and the Gurudwara in Manikaran — dress modestly.
- ✓ Mobile connectivity: Airtel and BSNL work best; Jio has limited coverage in remote areas.

■ PACKING CHECKLIST

Clothing

- Thermal innerwear (top & bottom) — 2 sets
- Woollen sweater / fleece jacket — 2 each
- Waterproof windcheater / rain jacket
- Comfortable trekking trousers
- Casual outfits for dinners & sightseeing
- Warm socks — 4–5 pairs
- Gloves, woollen cap, and muffler
- Waterproof trekking boots

Essentials

- Valid ID proofs (Aadhar / Passport) — multiple copies
- Hotel booking confirmations (printed & digital)
- Rohtang Pass permit (if applicable)
- Travel insurance documents
- Prescription medicines + first-aid kit
- Sunscreen SPF 50+ and UV-protection sunglasses
- Personal hygiene kit

Gadgets & Extras

- Camera with extra batteries / memory cards
- Power bank (10,000 mAh+)
- Universal travel adapter
- Cash in ■ (ATMs can be scarce)
- Small day backpack for excursions
- Reusable water bottle
- Offline Manali map downloaded (Google Maps)



"The mountains are calling, and you must go — together. May your Manali honeymoon be the first chapter of a beautiful forever. Safe travels and endless love! ♥"

