

A high-angle, wide shot of a rugged mountain valley. In the foreground, a winding asphalt road follows the left bank of a wide, shallow river with milky, white water. The river flows from the background towards the bottom right. The surrounding mountains are steep and rocky, with visible erosion patterns and some snow patches on the higher peaks. The sky is filled with heavy, grey clouds, creating a moody atmosphere. The overall color palette is dominated by earthy browns, greys, and the white of the snow and river water.

# ADVENTURUSH



## INCLUSIONS

- **Accommodation** – Twin or triple sharing in camps based on group size
- **Veg Meals** – Breakfast, lunch, and dinner for trek days
- **Expert Instructor** – Trained and experienced trekking instructor and guide
- **All Camping equipment like** - Camping Tent, Sleeping bag/ Mattresses, Kitchen & dining tent, Utensils, Toilet tent
- **Safety Shoes** - Crampon/ Micro spikes/ Gaiters as needed
- **All Permits & Fees** – as applicable
- **Medical Kits** - First aid kit, Oxygen cylinder, Stretcher
- **Cook/ Support staff** – for your delicious meals and other support
- **Stay** – Stay will be provided in Camps

## EXCLUSIONS

- **Personal expenses** – such as Telephone, Laundry, Tips and Table Drinks etc.
- **Insurance** - Medical, Accidental, theft
- **Airfare / Rail fare**
- **Pickup and drop** – from Airport, Railway station or Bus stop. Please contact vendor partners post booking, if pickup and drop facility can be provided on request, at additional cost.
- **Personal Porter**
- **Beverages**
- **Medical Emergencies** - any injury or medical emergencies sustained by the adventurers during the activity
- **Any additional cost** including stay and food, that arises due to extension, change of itinerary due to natural calamities, roadblocks, bad weather or any other unforeseen circumstances beyond our control
- **Anything not listed under “inclusions”**

## ITINERARY

### **Day 1 - Manali – Lama Dugh 8 km | 4-5 hours | 9898 feet**

Arrive at your starting point of the Lamadugh Trek. From here your much-awaited trek begins. Trek uphill and enjoy the mesmerizing views of the mountains of Indrasan, Deo Tibba and peaks of Bara Shigri Glacier. On the last climb, you will cross a ridge which finally lets you into the High-Altitude Meadow of Lama Dugh. Soak in the splendour of what nature has to offer.

Overnight stay in tents.

### **Day 2 - Lama Dugh – Rani Sui Lake – Duddu Thatch 11 km | 8-9 hours | 11154 feet**

Enjoy an early breakfast at Lama Dugh. After breakfast, start the trek for the day. After you have walked for almost a kilometre, the trek will get steeper. After a few hours, you will arrive at the Rani Sui Lake.

Enjoy the amazing views of the Pir Panjal and Dhauladhar Ranges. Spend some time here before you start descending to Duddu Thatch through the gorgeous meadows and enchanting forests of pine, maple, horse chestnut and walnut.

Overnight stay in Duddu Thatch.

### **Day 3 - Duddu Thatch – Khaniyal – Manali 3 km | 2-3 hours | 11154 feet**

Enjoy a scrumptious breakfast and start the descent today through forests of pine to finally arrive at Manali. This is where your adventurous experience concludes.