

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** – In Camps/guest houses on Twin or triple sharing 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/ Microspikes/ Gaitors 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
- **Transportation** – Please speak to vendor partner post booking to coordinate pickup point & time

## 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, road blocks, bad weather or any other unforeseen circumstances beyond our control
- **Anything not listed under “inclusions”**

## ITENARARY

### **Day 1 - Manali to Riyali Thach via Dundi | 40 Kms Drive , 4 Kms trek | 1 hour Drive, 4 hour trek | 10,800 ft**

Mark the beginning of your Friendship Peak expedition by reaching the campsite in Manali. After breakfast, you will be escorted to Solang valley in a shared vehicle along with your luggage. From Solang, you will head to Dundi. From Dundi, you will begin the leg of trekking to Riyali Thach. Sit back and settle at the campsite and end the day with a hot piping dinner.

### **Day 2 - Riyali Thach to Lady leg 3Kms | 5 Hours | 12800 ft**

Start your day with a hearty breakfast and get ready for today's trek to Lady leg. This campsite is very popular as the shutter spot for all the trekkers. This spot got its unique name because of the shape of this piece of land. The hike till Lady leg is a very steep ascent through the moraines but the stunning views of the sky and the landscape of knit mountains will keep you entertained along the way. As you reach the campsite, gaze at the majestic view of Deo tibba, Dhauladhar range and Indrasan Peak. Have dinner and call it a day.

### **Day 3 – Lady leg to Advance camp (Load ferry) 4 Km | 4-5 hours | 15750 ft**

Wake up to a chilly morning surrounded by great moraines and small water streams. After having breakfast, prepare to trek to the Advance camp. Today, you will be doing load ferry, this is basically a technique for acclimatizing which means you will “trek high and sleep low”.

The task is to carry all your luggage and tents to the advance camp and by evening get back to Lady leg to spend the night. This technique will help in acclimatizing your body to the higher altitude. This uphill trek will take 4-5 hours as you leave behind the lush green meadows and follow the rugged snow bed trail.

After reaching the advance camp, pitch your tents and catch your breath. Spend some time at the campsite and witness the scenic view of giant peaks like Hanuman tibba, Deo Tibba, Priyadarshani peak and a few more. Descend back to Lady leg campsite, have dinner and put an end to the exhausting day.

### **Day 4 - Trek to Advance Camp 2Km | 4-5 hours | 15750 ft**

Wake up to a refreshing morning and have breakfast. Today we will be trekking to the Advance camp and will stay there for the night. The trek today will be comparatively easy as you experienced it yesterday, also the load will be lighter for the day.

Trace your snow steps to the advance camp. After reaching, relax for a while. Later, you will be indulged in a training session to use a snow axe, the rope and harness which will come in handy for the summit. The trek to the summit is quite difficult due to the heavy snow and the steep trail. After the training session, relax your body and conserve your energy for an early start tomorrow. Have an early dinner and overnight stay at advance camp.

**Day 5 - Summit Day 3Kms | 6 hours | 17346 ft.**

Wake up at 02:30 am and get ready as the trek will commence at 03:00 am. Today, you will be putting up all your energy and enthusiasm to reach the peak. You will be facing a steep snow trail, glaciers and cascaded terrain. You will be able to reach the summit by 9 am in the morning.

Enjoy a magnificent view of Himalayan, Dhauladhar and Pir Punjal ranges from the top. After being awestruck by the view, head back to the advance camp for lunch. Post lunch, descend back to Lady leg camp for the night. Have a delicious dinner at the campsite and call it a day.

**Day 06 Lady leg Camp Beas kund Bakerthach 7 Kms | 4 hours | 10,800 ft.**

Start your day with a hot cup of tea, have a hot breakfast and get ready to bid farewell to the Lady Leg campsite. Today, you will descend back to Dundi. Enroute, take a halt at Beas Kund Lake and quench your thirst with the holy water of Beas Kund. After a pit stop at the lake, follow the trail descending from Bakar Thach to Dundi. You will be escorted to Manali, after reaching; feel free to explore Manali or do some café hopping. Embark on your return journey with a lingering memory of the Friendship Peak.