

A full-page background image of a high-altitude mountain valley. In the foreground, a wide, muddy river flows through a deep canyon. A paved road winds along the left bank of the river. The canyon walls are steep and show distinct horizontal geological strata. In the background, majestic mountains rise, with the highest peaks covered in snow and partially hidden by a layer of white clouds. The sky is filled with soft, white clouds, suggesting a bright but slightly overcast day.

ADVENTURUSH



INCLUSIONS

- **Accommodation**– On a triple / Quad sharing basis.
- **Meals** – (Breakfast, lunch, snacks, and dinner). We provide simple, nutritious Veg/Jain food on all days of the trek.
- **Rucksack** -- A 60-liter bag with rain cover is provided for use in trekking. You can deposit your extra luggage with your bags at our campsite.
- **Camping charges** – All trekking permits and forest camping charges are included.
- **Trekking equipment** – High-quality tents and sleeping bags in all the camps. Sleeping bags can withstand temperatures as low as -10 °C.
- **Gaiters** – To prevent snow from entering inside your shoe.
- **Safety equipment and Emergency**– First aid kit, Oxygen cylinders, Oximeter, HAPO bag etc. will be with the guide/trek leader and at the campsite as well to deal with emergencies.
- **Expert trek Leaders** – All our trek leaders are at least qualified in basic/advanced mountaineering and first aid courses.
- **Expert Trek support team** – The mountain staff on this trek consists of certified guides, cooks, helpers, and porters.
- **Personal Insurance**



EXCLUSION

- **Transportation and food to and from the base camp**
- **Personal expenses** – such as Telephone, Laundry, Tips and Table Drinks etc.
- **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**
- **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”**



ITINERARY

Day 1: Reporting at Rumsu camp

At the Rumsu base, everyone must complete the registration process. After lunch, take a walk to Naya Tapru Enroute Chandrakhani to acclimatize yourselves to the terrain, which will be followed by a briefing, orientation. Return to the campsite later for dinner and spend a peaceful night in Rumsu base camp before beginning your adventurous expedition the following morning.

Day 2: Jeep Ride to Solang and trek till Lohali

After a delicious breakfast, drive to Solang Valley- the starting point of the trek. Upon arrival, all participants must start trekking from Dhundi, the last motorable location in Beas valley. Enjoy the jovial Beas River, and the constant chatter of the stream alongside you at 3150m from Dhundi to Lohali.

The hike is an odd mixture of bustling townships, small stores, scenic beauty, and quiet, lonely expanses. The appealing sight of inhabitants going about their daily lives and the odd stone-built homes gives us a small look into the social construct of mountain life. From Solang to Lohali, this lovely journey is relatively simple and lasts about four to five hours. Enjoy the taste of adventure with camping at Lohali for the night.

Day 3: Trek from Lohali to Lady Leg

The trek to Lady Leg from Lohali involves a steep climb across the ridge and takes around 3 hours. Lady Leg presents a grand view of the Friendship peak. Overnight stay at Lady Leg.

Day 4: Trek to Beas Kund and post-acclimatisation walk to ABC (Advance Base Camp)

Let's start the day with a short trek to Beas Kund. The route to the lake is easy and takes around 3 hours to visit and get back to Lady Leg. All participants will walk to the advanced base camp for acclimatization after a delicious breakfast while wearing Koflach shoes. It takes around two hours to walk from Lady leg to Advance base camp; Advance base camp is a two hours trek from Lady Leg and lies just below the snout. We will descend back to Lady leg for an overnight stay.



Day 5: Trek to Advance Base Camp and Cramponing

As the sun's first light graces the mountain tops, we commence the exhilarating Day 5 of our expedition: a trek towards the resplendent Advance Base Camp (ABC) whilst acquainting ourselves with the art of cramponing. This challenging yet rewarding endeavor will provide an unparalleled opportunity to experience the majesty of nature and the remarkable prowess of human perseverance. As we ascend, our skilled instructors will impart the art of cramponing, ensuring absolute safety and mastery over the icy terrain. Enjoy camping overnight at ABC, and savor the starry sky as you fall asleep to the light mountain breeze and chill.

Day 6: Summit Day

As the sun rises on *Friendship Peak*, we shall embark on an unparalleled and extraordinary journey certain to enchant and delight even the most discerning of adventurers. The summit walk starts at 3 AM and takes around 6 to 7 hours to reach the *Friendship Peak summit*. Our meticulously crafted itinerary infuses opulence and refinement into each and every moment, rendering this expedition an unforgettable, once-in-a-lifetime experience. Traversing the arresting vistas of this mountainous terrain, we will be greeted by an eclectic tapestry of captivating flora and fauna native only to these seraphic alpine locales. Rest assured, magnificent marvels await at every twist and turn as we conquer *mount Friendship Peak* with both exuberance and the utmost sophistication. The descent starts at 10 AM, and one reaches Lady Leg in another 4 to 5 hours. Upon reaching Lady Leg, enjoy an evening of fun, frolic and relaxation, gearing up for Day 7 of the trek.

Day 7: Descend from Lady Leg

The descent will begin from Lady Leg to Solang Valley today, the final day of the expedition. At Solang Valley, if you wish, you can enjoy paragliding through the beautiful scenery of Solang. Once everyone has arrived in Solang, we all ride in a vehicle to the Rumsu base camp for the night.



Day 8: Departure from Rumsu base camp for Manali after breakfast

After a series of breathtaking vistas and exhilarating encounters, molding our journey into an unforgettable tapestry of memories, we depart from Rumsu base camp for Manali after a hearty breakfast, bidding a final adieu to the beautiful landscape, the people and the whole experience.

