



MANALI SUMMER TREKKING CAMP

ABOUT MANALI

Manali is a valley nestled in the mountains of the Indian state of Himachal Pradesh near the northern end of the Kullu Valley. At an altitude of 2,050 m (6,726 ft.) in the Beas River Valley, it is located in the Kullu District, about 270 km (168 mi.) north of the state capital, Shimla, 309 km (192 miles) northeast of Chandigarh and 544 km (338 miles) northeast of Delhi, the federal capital. The small town, with a population of 8,096, is the beginning of an ancient trade route to Ladakh and from there over the Karakoram Pass on to Yarkand and Khotan in the Tarim Basin. It is a popular tourist destination and serves as the gateway to Lahaul & Spiti District as well as Leh.

Manali is named after the Sanatan Hindu lawgiver Manu. The name Manali is regarded as the derivative of 'Manu-Alaya' which literally means 'the abode of Manu'. Legend has it that Sage Manu stepped off his ark in Manali to recreate human life after a great flood had deluged the world. Manali lies in the north of Kullu Valley. The valley is often referred to as the 'valley of the gods'. Old Manali village has an ancient temple dedicated to Sage Manu.

BRIEF DETAILS

Camp Duration	09 Nights 10 Days
Camp Type	Adventure, Snow Trekking
Region	Himachal, India
Adventure Activities	Rock Climbing, Rappelling, River Crossing, River Rafting, Zip Line
Accommodations	Tent on Sharing
Food	Pure Veg and Delicious
Transportation	Train, Bus and Jeep



DETAIL ITENARY

Day 01 **Departure from Ahmedabad**

Gathering of all participants at Ahmedabad Railway station, Tickets allotment any departure for Pathankot or Ambala

Day 02 **Pathankot / Ambala to Manali**

After Reaching at Pathankot/ Ambala will Move for Manali by PVT Vehicle, On the way will do SomeSightseeing and move forward for Manali, Dinner during the journey around 08 pm

Day 03 **Manali Base Camp**

Early in the morning, Participants Will Reach at Old Manali Base camp. All The Participants Will Undergo Through Registration Procedure. After Breakfast orientation, Tent Allotment and Freshen Up time. Post Lunch Acclimatization Walk to Visit Manu Temple, Hadimba Temple, Mall Road and Buddha Monastery. Overnight Stay at Base camp Old Manali.

Day 04 **Adventure Activities Day**

The day will start with an early breakfast, after which we will proceed to Kullu for river rafting and paragliding.

Day 05 **Trek to Jogani waterfall and Vashisth hot water spring**

Trek from Base Camp to Jogani Water Fall, which Is a Short and Beautiful trek. The View of Jogani Water Fall Is Beautiful. After the Walk of an Hour, Will Finally Reach at Vashisth Hot Water Spring. On The Way to Vashisth, You Can See Magnificent Mountains Across the Valley. Post Lunch Will Again Do Adventure Activities like Rock Climbing and Rappelling. Overnight Stay at Base Camp.

Day 06 **Manali to Mori Dugh Camp (10200ft) 4 Hours Trek**

From Our Base camp at Manali a Jeep/ Car will take you to village Kulang, the road head place fromwhere the trek starts. It takes 4 hrs. To reach the Mori Dugh Camp Site. On your arrival at camp, youwill be welcomed with a hot lunch. In the evening free time



Day 07

Mori Dugh Camp to Bhrigu Lake (14200ft) and back; 8 Hours Trek

After an early breakfast and collecting packed lunch for the day for Bhrigu Lake. For first two hours you will trek through dense silver oak forest. Reaching at an altitude of 11,000ft forest ends and meadows start. Even in the summer months of April, May and June these meadows are snow-covered. So, it will give you a good experience of snow trekking. The trek gives a panoramic view of Manali valley. After reaching at Bhrigu, spending some time there, you descend down to the Mori Dugh Camp Site

Day 08

Mori Dugh Camp to Base Camp (6500ft); 4 Hours Trek

Mori Dugh Camp to Kulang Village – A downhill trek starts from the campsite to take you to Kelang village, a Jeep/ Car will take you to Base Campsite at Old Manali, Post Lunch Will Visit Solang Valley, and Will Move back to Pathankot by Tempo traveler or Pvt. Vehicle.





Day 09

Pathankot / Ambala to Ahmedabad

Early in the morning we will reach the railway station, we will rest at the railway station until our train arrives.

Day 10

Arrival at Ahmedabad

Our trip ends at Ahmedabad railway station. With a heavy heart we wrap up the sweet memories of Manali Summer Camp and go home with the hope of meeting again in a new camp at a new place.



WHAT TO CARRY

1. Trekking shoes:

Carry trekking shoes good grip and ankle support.

2. Three layers of warm clothes:

Carry two or three-layer jackets, fleece jackets and a padded jacket.

3. Six trek pants:

Carry light cotton trek pants.

4. Six T-shirts (collared/dry-fit):

Full sleeved t-shirts that prevent sun burns on the neck and arms. Carry one or two dry-fit T-shirts.

5. Thermal, Sunglasses, Woolen Cap:

Carry thermals (top and bottom), Sunglasses are mandatory. It will be cold, so carry proper woolen cap.

6. Water proof hand gloves:

Carry water proof gloves and avoid woolen gloves

7. Socks (7-8 pairs) and a pair of woolen socks:

Apart from regular sports socks, you can take a pair of woolen socks for the night.

8. Headlamp/LED torch/ Water bottle:

It's Mandatory to carry a headlamp or torch and Water bottle.

9. Raincoat/Ponchos: Day-pack (20-30 liters):

At high altitudes, snowfall and rain are quite common and it's mandatory to carry a poncho so that one doesn't get wet. The trek will continue as planned even during rainfall.

10. Mandatory Documents:

Original and photocopy of government photo identity card- (Aadhar card) NOC form (by trekker)

DO NOT CARRY JOGGER SHOES

DENIM / JEANS AND SHORTS ARE NOT SUITABLE FOR TREKKING

INCLUDE

Accommodation:

On sharing basis. Stay is separate for Male and Female. For 2 sharing tents, participants need to pay INR2500 per participant.

Transportation:

Ahmedabad to Pathankot by Train (as Per Booking Confirmation) and Pathankot to Manali by Bus same as return

Cloak Room:

Space to keep extra luggage.

Meals:

Breakfast, lunch, snacks and dinner is included. We provide simple, nutritious Veg/Jain food on all days of the trek.

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.

Safety equipment and Emergency:

First aid kit will be with guide/trek leader and at camp site as well to deal with emergencies.

Expert trek Leaders:

All our trek leaders are at least qualified in basic / advanced mountaineering and first aid course.

Expert Trek support team:

The mountain staff on this trek consists of certified guides, cooks, helpers and porters.

EXCLUDE

Transportation Apart from the Program. Personal Expenses.

Tips to Guide or Any Other Staff Member. Food during Travelling.

Any Extra Expenses Not Mentioned in Inclusion. Medical Treatment Apart from First Aid.

Campfire Is Subject to Weather



TEARMS AND CONDITION

Train Tickets

You must give name of participants well in advance before two months to avail conformation of train tickets. We will not guarantee any waiting list tickets to be confirmed

Payment

Payment for the trek can be done online through credit/debit card or net banking, Cheque/draft or cash are accepted. 50% of the trek cost will be advance payment for the booking of seat and balance amount must be paid 20 days prior of the event to confirm the booking.

Cancellation Policy

Before 20 days to the start of the trek — 20% Refund

Less than 20 days to the start of the trek — no refund

If a trek is called off at the last moment due to a natural calamity/unforeseen circumstance (like rains, earthquake, landslides, strike etc.) no amount will be refunded.

Accommodation

Stay on all days will be in tents. Tent will be allotted separately to males and females and will accommodate people. High altitude sleeping bags that can withstand temperatures as low as -10 degrees.

Toilets

6 Toilet constructed at Base Campsite with Gizer and 4 toilet tents will be pitched at Top camp site. Do not carry sanitary napkins or wet wipes since these are not biodegradable. If you do happen to use wetwipes to clean up after a trek, make sure you bring them back with you.

Emergency during trek

In case of any emergency Gujarat Adventure Club will take necessary measures for your return to the basecamp. A staff will accompany you. He may not be some trained personnel. Doctors do not go along with a Team. 'Gujarat Adventure Club' leaders are trained to administer first aid and know how to deal with issues related to the mountains. Registering for this trek is an understanding that you are aware of related difficulties on a high-altitude trek

Safety

Our camp leaders will conduct routine health checks at all camps to measure oxygen saturation, bp. Camp leader reserves the right to exclude any trekker from climbing higher on the trek without refund if the trekker's vital readings are below accepted norms for that altitude. These norms are available with our camp leaders. Your trek leader will also be carrying medical kit which includes basic first aid and high- altitude sickness medicines and will also be carrying an oxygen cylinder throughout the trek.

Route change / postponement/ delay/ completing the trek earlier

Under some extraordinary circumstance, your trek may end a day earlier or start a day later due to inclement weather, snow and ice conditions, political restrictions or any other cause. In the event of a change, postponement or delay, participants have no right to refund of the trek or other compensation for any injury, loss or damage.

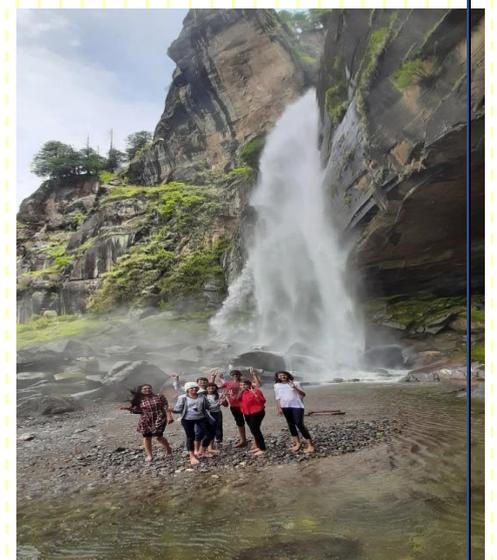
Non-liability

'Gujarat Adventure Club' is not responsible for any loss/damage of your gears/equipment or other belongings on the trek.

Drinking and smoking

Smoking and drinking are strictly prohibited. Buying drugs or any illegal material is strictly prohibited; the participant will be detained and handed over to the government authority.

SOME MEMORIES OF PREVIOUS YEARS





www.gujaratadventureclub.com

GUJARAT ADVENTURECLUB

614, Golden Triangle, S. P. Stadium Road, Navrangpura, Ahmedabad-380014

Email – gujadventureclub@gmail.com, Contact@gujaratadventureclub.com

CONTACT DETAILS

Ahmedabad- 8511516111 | 8347716111 | 8347416111